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YOUR FAMILY

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50 recipes to enjoy!

COUPLES CLINIC

7 signs you're in a controlling relationship

GOING BACK TO WORK?
Ace that interview & recognise your stress habit

SEW THIS 2-HOUR TUNIC DRESS

Make it today

- clever new uses for old things
- 1 cushion, 5 ways
- upcycled pallet coffee table



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Model: Juliana of Ice Models
Hair and make-up: Sam Scarborough
Photo: Dylan Swart

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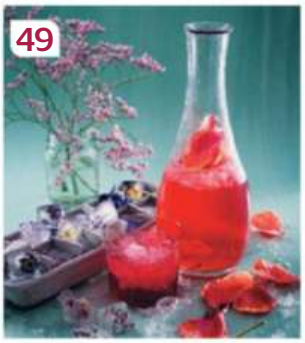
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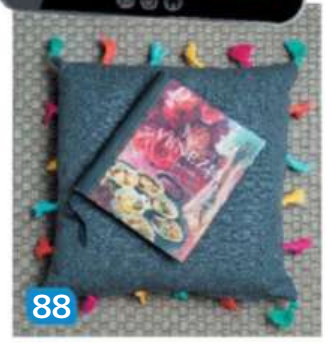
















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Oh hello!



Three years ago I found out that my childhood best friend had been diagnosed with breast cancer. Just like that, this disease – that usually happened to my grandmother's generation, and here and there women of my mother's age – was something I needed to take more seriously. I had vivid memories of Pat and I sitting on the lawn outside her house, laughing till our sides split, running around getting up to all sorts of mischief. How on earth could this be happening to someone, who to me at least, will forever be that fun-loving nine-year-old girl?



I'll always be grateful to Pat (read her full story on page 28) because her diagnosis made me get my first mammogram (something I had needlessly dreaded for years) and quite frankly, pull my head out of the sand in matters regarding my health. She shares all the things that no doctors or survivor accounts prepared her for, and we hope her heartfelt retelling of her journey, its effect on her family and her subsequent recovery will inspire you, too.

Other highlights in this issue include 50 recipes for you to enjoy with the family this month, as well as creative projects to sink your teeth into, whether you have half an hour, a day, or a weekend. Our cover dress was created by Alison Lee Sischy-Smith in little under two hours – not a bad result for an afternoon's work, and a huge saving compared to buying something off the rack. If you make it, don't forget to post it online with the hashtag #yfmakethecover – there's a prize up for grabs for our favourite dress!

While you're online, check out our brand new website. It's loaded with recipes, craft ideas and patterns. Bookmark it today, and let us know what you think!

Till next month...

Janine

janinec@caxton.co.za



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Dessert to die for!

Our art director Carryl has already made it twice!



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Our classic cover dress on page 84

YOUR FAMILY

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YOUR FAMILY

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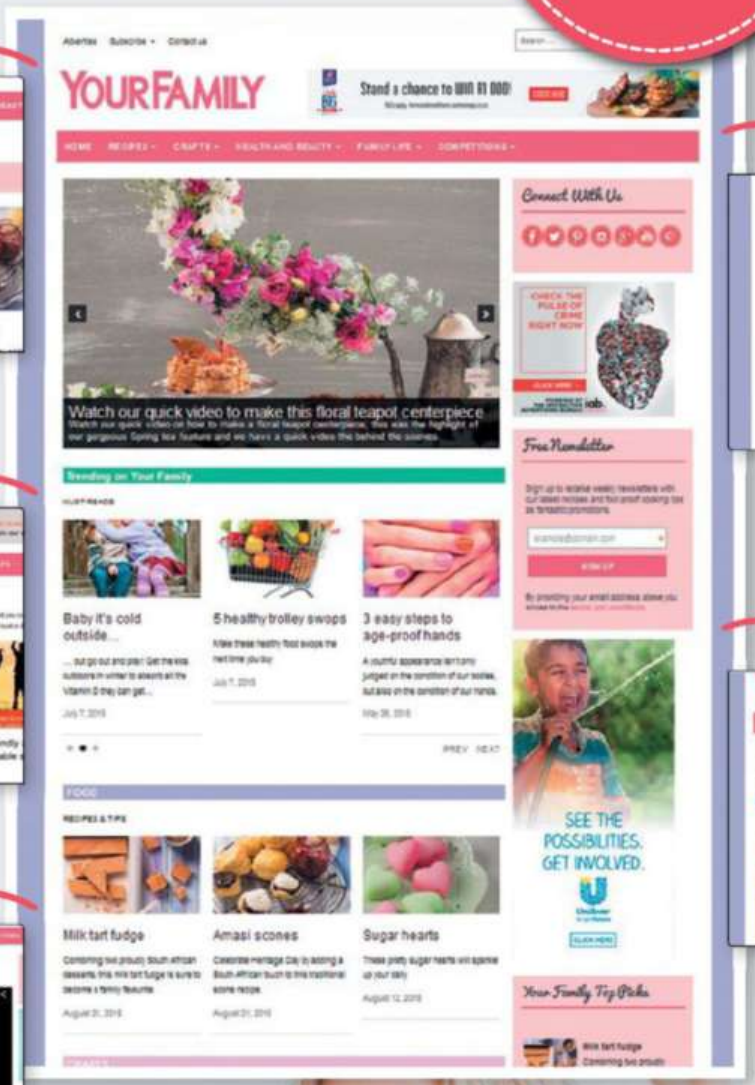
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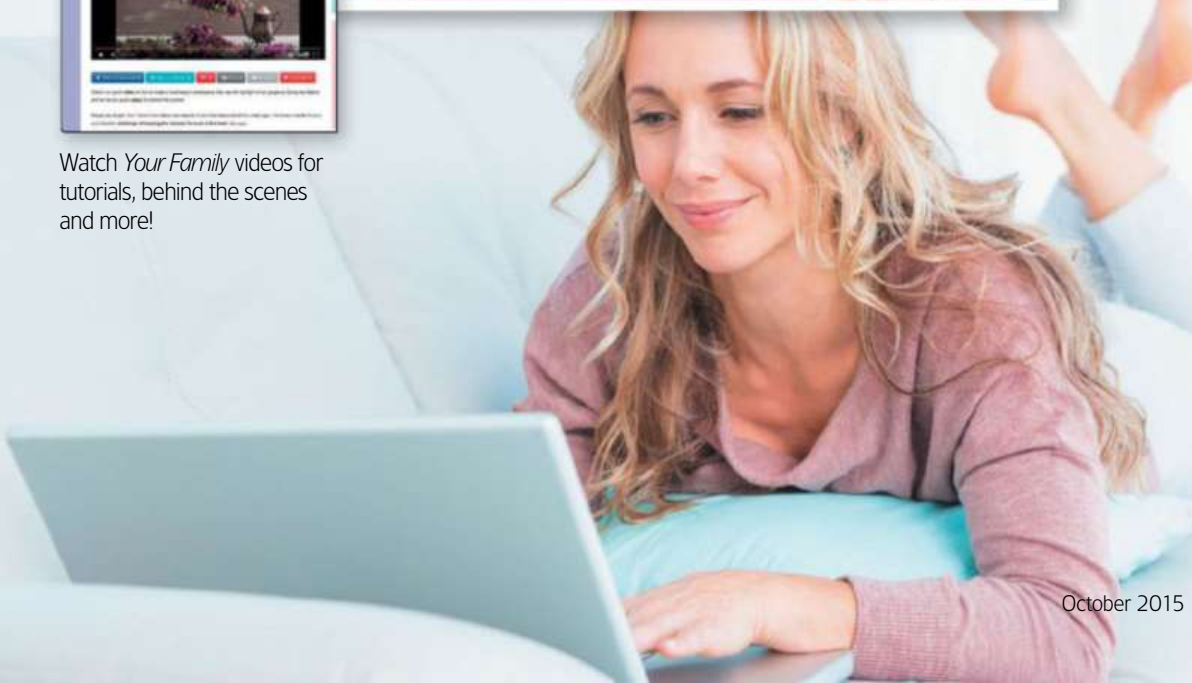




View our crafts by type – you'll find sewing, knitting, crochet and more – and print the patterns you need



Browze our extensive pet section for all your pet problems



COMPILED BY SAMANTHA STEELE PHOTOS: SUPPLIED

Get in touch

This month's star letter wins a JENAM hamper worth R3 800!

Write to us at Yourfamily @caxton.co.za

or post letters to Your Family, PO Box 473016, Parklands, 2121. Letters may be edited.

STAR LETTER

Recently while sitting at the kitchen table the cover of *Your Family* caught my eye and I found myself travelling down memory lane. I'm an 80s baby and my mom bought *Your Family* every month without fail. I remember the crafts that caught my eye, the knitting patterns – especially the kiddies jerseys – the recipes, and the short story at the back. As I grew older and a more competent reader, I looked forward to the monthly crossword and actually getting to read the short stories. Now as an adult, I add YF to my trolley every month and my mom and I update each other on the recipes we've tried. Most of all I can say that *Your Family* is the reason for my hobby in crafts that I'm so passionate about.

– Bianca Smith

This gorgeous hamper

This gorgeous hamper includes a selection of JENAM bags in fresh and funky prints, and stunning JENAM body and bath products. From scents that are simple, clean and fresh, to fragrances that are lush and romantic, JENAM is as delicate or passionate as your mood. Subtle but distinctive, JENAM products are beautifully packaged and available in gift packs. JENAM also has an exclusive range of boutique handbags, cosmetic bags, shoulder bags, purses and accessories. Inspired by floral and natural themes, these elegant items perfectly complement JENAM's bath and body ranges. Find JENAM at leading pharmacies and gift shops. Visit Jenam.co.za for stockists or shop online at Surpriseme.co.za



ALL ABOUT **YOU!**

Tara Kitching, 41, from Broadacres in Joburg, is wife to Kurt, 43, and mommy to her son Blake, 3. She's also co-owner of baby wellness studio Bub Hub – Thebubhub.co.za

MY FAVOURITE MEAL TO COOK FOR MY FAMILY... Greek Afgolemone soup or Italian gnocchi.

WHAT I'VE LEARNT ABOUT RAISING MY BOY... Boys are busy and messy, so my house will never look like a magazine spread. The crayons will break and it's okay to throw them away, and there'll always be that one piece of Lego lying around!



MY FAVOURITE PART ABOUT MOTHERHOOD... When my son makes me feel like a rock star when I get home. Also, being told that he loves me.

MY WEEKENDS ARE SPENT... Drifting through Joburg's best craft and food markets.

MY HOBBIES INCLUDE... Anything creative!

Yoga lover

It was so inspiring to read the article *Extra-interesting activities* in the June issue. I believe that Mandarin is definitely the language of the future, as China is a leading world economy, but the one story that really touched me was the piece about yoga. Yoga and yoga meditation are one of the most amazing forms of personal growth and exercise. Yoga can be anything from a full-body workout, to the more gentle and restorative practice. Meditation is a way to calm your body and mind, let go of fear and improve concentration. The great thing about yoga in its many forms is it can be practised by anyone, regardless of age or fitness level! So thanks for the article!

– Ann Lene Olivier

Oh knit!

My family is all grown up and independent, so I don't often buy *Your Family*, but here I am off to the shops to get the wool and needles required to knit the beautiful jacket featured in the June issue. I'm recently retired and having had to negotiate my way through a new lifestyle, small budget, and lesser social life, YF will become a constant source of recipes, patterns and information. I'll be experimenting with new recipes to share with friends and crafts to make as gifts. Someone asked me what I'd do during my retirement, and I replied, 'as little as possible' – but here I am with my YF, tempted from being lazy! Thank you for a quality, affordable magazine, with which to make my quiet days more productive and exciting.

– Ellen Joubert


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NORMAL SKIN
NEW
Q10 COMPLEX ACTIVELY INCREASES YOUR SKIN CELLS' ENERGY, HELPING TO FIRM AND TONE YOUR SKIN WHERE YOU NEED IT MOST.
NIVEA.co.za



Your financial do-it-now list!

Curb overspending, start saving (for the right things!) and feel more secure with these simple tips

5 quick ways your home could save the earth... and your money!

Being green doesn't mean you have to spend oodles of money. An environmentally responsible home not only saves you money, but saves the earth too. Now doesn't that sound appealing?

- ✔ On average, TVs are left on standby for up to 17 hours a day. Unplug yours while it's not in use and save on electricity.
- ✔ Did you know that bamboo is the fastest growing plant on earth? Its quick growth turnaround time means it's very environmentally friendly. Look out for bamboo towels, clothing, and even recycled bamboo toilet paper!
- ✔ Placing your fridge in a sunny area will force it to work harder to stay cool. Move yours into a shaded area.
- ✔ Your oven's temperature can drop by as much as 65˚C when opening the door for 30 seconds. Don't be tempted to keep checking on your cooking.
- ✔ Clean with vinegar – it's a natural way to kill bacteria, germs and mould. Plus it's cheaper than most cleaning products!

The benefit of hindsight

A recent poll reveals that only 7 percent of South Africa's senior citizens feel that they had saved enough in their lifetime and were satisfied with their financial situation. Now that's a sobering thought! The poll was part of Momentum's campaign to highlight National Savings Month – Life Is #WorthSavingFor. In the study, more than 500 senior citizens (over the age of 55) were asked to rate the most important things to save for in life. The top three things people wish they had saved more for were:

- Retirement (61%)
- Saving for holidays (9%)
- Buying property (8%)

Our advice?

Speak to your insurance broker to find out if you're doing enough to save for your retirement. It's never too late!

HOW TO...

Create (and implement) a cash envelope system

Spending actual cash instead of swiping your debit or credit card makes the transaction feel so much more real! And research shows that people actually spend less when they spend cash. The goal with the cash envelope system is to pay cash wherever possible and practical. According to financial expert Dave Ramsey, it should help improve your financial situation within six months. Here's how to get started:

- ✔ Review and categorise your expenses over the last three months. The most common categories include groceries, petrol, entertainment, gifts, vehicle maintenance, and clothing. Write down the total amount you spend on each category.
- ✔ Visit the ATM and withdraw enough cash to cover your expenses listed in point one. Obviously not all of your bills will be practical to pay in cash – so ensure you have enough money in your account for your monthly debit orders like your cellphone bill, bond repayment, insurance, etc.
- ✔ Create your envelopes – using a marker, label your envelopes with the different categories.
- ✔ Refer back to your last three months of expenditure and fill the envelopes with the money you've withdrawn – R2 000 in groceries, R800 in entertainment and so on. Be realistic; if you're spending on average R1 000 on petrol each month, don't short change yourself, because…
- ✔ …when an envelope is empty, you're done spending in that category until the next payday! If your entertainment envelope is empty, it doesn't mean you can 'borrow' money from your grocery envelope to cover you.

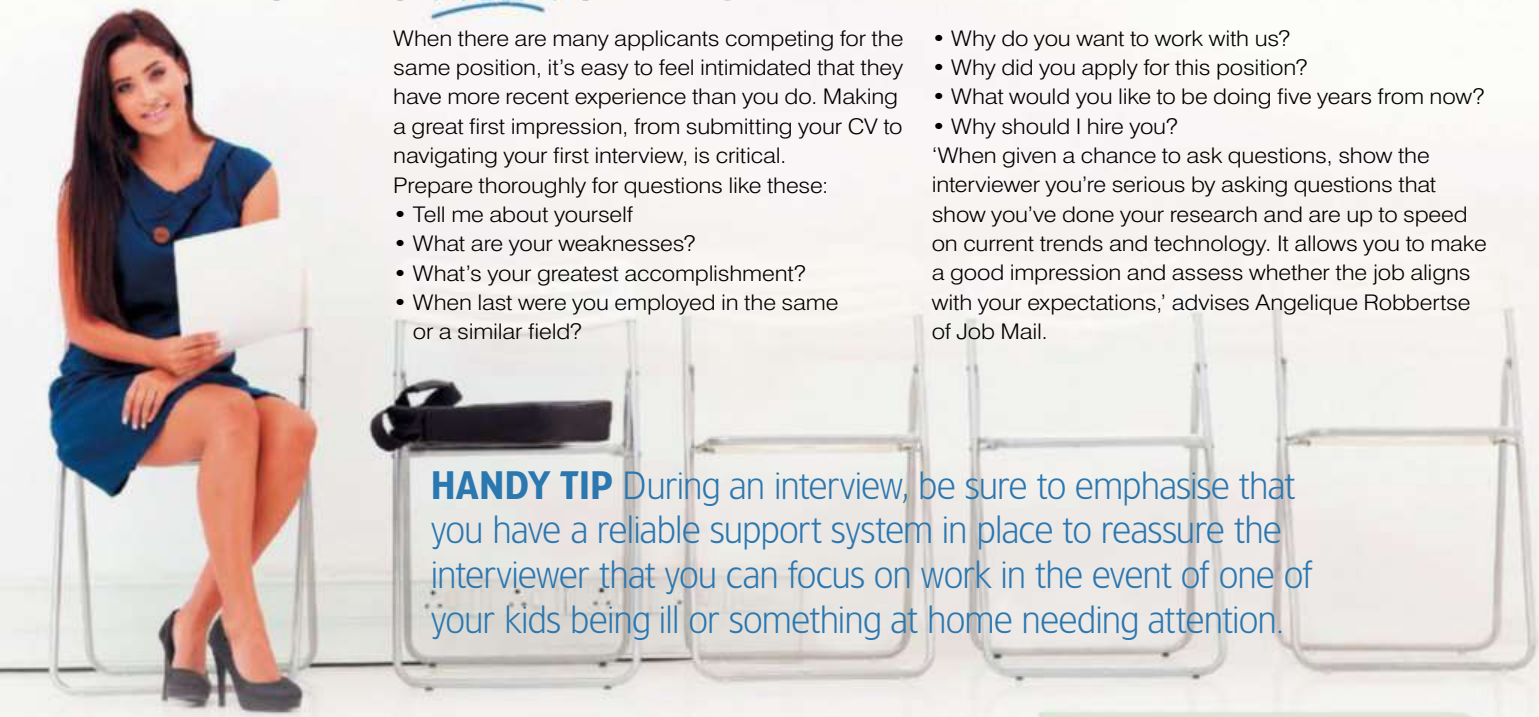
4 things you should NEVER spend your money on...

1. Be sure to check your credit card, store card and cellphone statements to see that you're not being billed for any extras or **subscriptions** you're not aware of and aren't using! If you are, cancel them.
2. **Late fees** – whether they're for movie rentals or bills – are just so unnecessary! Set reminders on your phone or email calendar – whatever works for you! If you haven't already, set up debit orders for your monthly bills so that those are never late.
3. **Bottled water** – invest in a reusable water bottle that you can carry with you and refill whenever necessary. You'll be saving money and helping the planet.
4. **Once-off items** – think an evening dress for a black tie event or a tool that you only need once for a specific job. It's much cheaper to rent these kinds of items and if you're lucky, you could even borrow from a friend and pay nothing at all!

COMPILED BY LAUREN FISCHER PHOTOS: DOLLAR PHOTO CLUB



HOW TO ACE TODAY'S INTERVIEW



When there are many applicants competing for the same position, it's easy to feel intimidated that they have more recent experience than you do. Making a great first impression, from submitting your CV to navigating your first interview, is critical.

Prepare thoroughly for questions like these:

- Tell me about yourself
- What are your weaknesses?
- What's your greatest accomplishment?
- When last were you employed in the same or a similar field?
- Why do you want to work with us?
- Why did you apply for this position?
- What would you like to be doing five years from now?
- Why should I hire you?

'When given a chance to ask questions, show the interviewer you're serious by asking questions that show you've done your research and are up to speed on current trends and technology. It allows you to make a good impression and assess whether the job aligns with your expectations,' advises Angelique Robbertse of Job Mail.

HANDY TIP During an interview, be sure to emphasise that you have a reliable support system in place to reassure the interviewer that you can focus on work in the event of one of your kids being ill or something at home needing attention.

60%

of poll respondents said they need to listen to music while they work

4 WAYS music boosts performance

If your workplace allows it, plugging in your headphones can be a great tool to help you focus.

1. **Studies show it's therapeutic:** pre-surgery patients who listen to music exhibit lower levels of the stress hormone cortisol.
2. **It increases endurance:** listening to your favourite album can trick your brain into enduring a task for longer.
3. **Playlist depending, it calms your body,** slowing your heart rate and helping you to breathe better.
4. **Music without lyrics boosts your productivity for cognitive work.** For repetitive work, any music will help!

Know your stress habit

When it comes to dealing with stress, we're not equally adept at coping. According to one theory, people whose basic temperament is oriented towards approaching goals – those comfortable with meeting challenges – recover from losses and setbacks more easily and experience less stress than their avoidant-oriented colleagues. Worrying about failure and wrestling with life in a perpetual defensive mode also makes them less resilient. Another theory distinguishes between those who're 'action' and 'state-oriented'.

'The action-oriented control negative emotions and don't let them spill over; they're capable of summoning up positive self-views and attitudes in times of stress, and aren't as reliant on external cues as the state-oriented. In contrast, the state-oriented are easily overwhelmed by negative feelings and thoughts, and tend to stew and ruminate, hesitate or procrastinate, when the going gets tough.'

COMPILED BY ANGIE SNYMAN SOURCES: PSYCHOLOGYTODAY.COM, *JOBSEEKER'S GUIDE TO FINDING A JOB IN SOUTH AFRICA* BY JOBMAIL.CO.ZA PHOTOS: DOLLAR PHOTO CLUB

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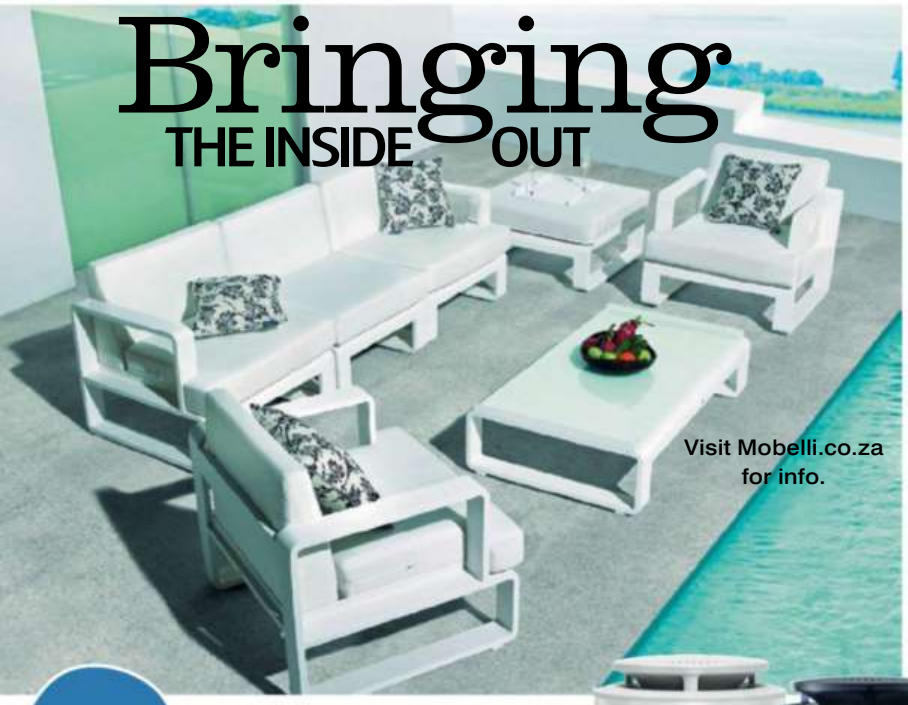


Available on...

ANDROID APP ON Google play

Available on the App Store

Bringing THE INSIDE OUT



Visit Mobelli.co.za for info.

It's time to perfect your outdoor living space. Patio furniture has become hot property, so make sure you choose correctly with these tips from Alon Sachs, director of Mobelli

- Outdoor furniture needs to fit with its surroundings. If your house has a traditional architecture feel, classical outdoor furniture like wicker is ideal. Modern homes tend to suit aluminium frames with upholstered cushions.
- It needs to fit the purpose. Outdoor furniture must withstand the elements. Tables should be sturdy and not move around in the wind, while cushions need to be strong enough to withstand UV rays.
- Look for fabrics that won't tear or fade and that won't grow mould or mildew. Mobelli fabrics are mainly acrylics for this reason. They're also Teflon coated to allow a measure of water resistance – important if you're sitting down after a swim.
- Ergonomics come first – outdoor furniture is used for relaxation, so absolute comfort is key.

TIMELESS WISDOM

Can't reach inside your flower vases to get them clean? Some crushed egg shells and warm soapy water will do the trick! Simply fill the vase and leave to stand for a few hours, shaking occasionally. Or, a tablespoon of baking soda and white vinegar mixed with warm water works well too.



Dress up your windows

Decorland's ready-made or custom-made blinds has a style to suit any room. The 600mm wide x 1 000mm long venetian blind is made mainly from aluminium, so it's durable, light weight and rust resistant, perfect for areas of high humidity and sunlight. The cord lock mechanism allows slats to be lifted or dropped to the desired height, so you have full control of the view from your window and the amount of light entering a room. Available in mahogany, walnut, fawn, white, grey, black, magnolia or silver.



3 OF THE BEST cheese boards



TWO-TONE NATURAL CHEESE BOARD, R295, Weylandts

BAMBOO CHEESE BOARD with dipping bowls, R630, The Block Shop

AFRICA CHEESE BOARD, R495, Yuppiechef.co.za

SMART POWER

One way to keep an eye on electricity costs and consumption is with a Mr Power Geyser Controller; a small, intelligent device that heats the geyser during off-peak periods only. It automatically switches off the geyser circuit once a full tank of hot water has been achieved, preventing any unnecessary re-heating of water throughout the day. For more info, call 011 804 2988 or visit Mrpower.co.za

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STOCKISTS ON PAGE 98

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What window décor is practical and will add warmth to my kitchen?

– Denise, Kloof



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590mm width x 600mm length.
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Every window is an opportunity

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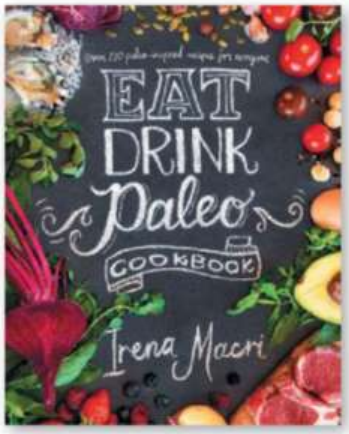
at our TABLE

Margie rounds up her latest foodie favourites



CLEVER DUO

The new Pick n Pay Easy Living Duo Pizza is perfect when the kids prefer different toppings or can't manage a whole pizza on their own. On the table in 10 minutes, this new range will really save moms time and satifsy every appetite in the house!



Eat like a hunter-gatherer

In *Eat Drink Paleo Cookbook*, by Irena Macri, you'll learn everything you need to know about the popular Paleo diet and its philosophies. It's inspired by our hunter-gatherer ancestors' diets and the foods that were around before the agricultural revolution and the commercial mass production practices. So, think whole foods like meat, fish, vegetables, fruit, nuts and seeds. All the recipes in the book are free from grains, gluten and processed sugar. R360

VERSATILE veg



White, yellow, brown, red and purple – so many varieties with so many different results when cooked. Onions are an essential base ingredient that shouldn't be skipped when making hearty stews, soups and curries, and they're also delicious on their own, in French onion soup, onion chutney or pickled onions. The most versatile of veg, they can be baked, boiled, braised, grilled, deep fried, roasted, sautéed or eaten raw in salads. And the health benefits? The phytochemicals in onions improve how Vitamin C works in the body, which is why they help improve immunity. Onions contain chromium, which assists in regulating blood sugar levels. And, for centuries, onions have been used to reduce inflammation and heal infections. Use white onions in everyday cooking – they have a golden colour when cooked and a particularly sweet flavour when sautéed. Yellow or brown onions are full-flavoured and turn a rich, dark brown colour when caramelised. Red or purple are my choice for salads and salsas, as they're the sweetest of them all and their colour really brings dishes to life.



A baking must!

Cooking and baking with Clover Vanilla Flavoured milk gives a delicious taste to custards, cakes, rice pudding and crème brûlée. It's also great as a flavoured drink instead of sugar-loaded drinks.



BEST IN *food&wine*

The Taste of Joburg is back at the Montecasino Outdoor Event Area between 24-27 September. Twelve of Joburg's finest restaurants will be showcasing the best in local cuisine. There'll also be a wide range of boutique exhibitors, artisan producers, premium drink brands and award-winning wineries to provide a bounty of the country's finest food and drink on offer. For more info visit Tasteofjoburg.com

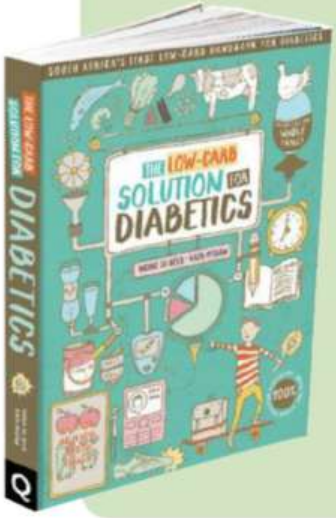
taste of Joburg

Summer is salad season!

Knorr's creamy Italian dressing is made with my favourite flavour combo: herbs, garlic, red pepper and spices! Add some zing to your favourite salads or use as a baste when frying chicken or fish. R24.49



Latest cookbook for diabetics



Our monthly food contributor Vickie de Beer's life changed in 2008 when her 8-year-old son was admitted to intensive care and diagnosed with Type-1 diabetes. Vickie and leading paediatric dietician Kath Megaw set about *The Low-Carb Solution for Diabetics*, and in the process, developed an arsenal of the most effective systems and day-to-day strategies to deal with diabetes.

This book is part emotional journey, part cookbook and part medical reference. The meals are grouped seasonally and cover each day of the week, from Monday through Sunday (and not forgetting, sauces, treats and drinks). It's not about what's 'allowed', it's about what's healthy – for diabetic children and their families. See page 72 for a delicious recipe from this book. R335.

ENJOY TRYING OUT NEW RECIPES?

Join the *Your Family* recipe test team to get a sneak peek into what's coming, then make the recipe in your own home and share your thoughts with us. Email margie@caxton.co.za with 'test team' in the subject line.

These gadgets really measure up!



- **Legend Digital Plastic Spoon Scale** makes it easy to measure ingredients accurately up to 300g, with high precision. It has a detachable spoon for easy cleaning. R205
- **OXO Angled Measuring Cup** has an angled surface that allows measurements to be read from above, so you don't have to fill, check and adjust. Available in three different sizes. Prices range between R109 and R209 from leading kitchen stores.
- The **Legend Electronic Bamboo Kitchen Scale** has an add-on function that allows you to weigh items consecutively, and individually too. Its super-slim design makes it easy to store. The scale has a 5kg capacity with a 1g graduation. R220





chicken popcorn

• Serves 6 • Takes 25 min

4 chicken breasts
60ml soy sauce
60ml buttermilk
125ml cornflour
60ml cake flour
5ml garlic powder
pinch salt
sunflower oil, for frying

1 Cut the breasts into bite-size pieces. Combine the soy sauce and buttermilk. Mix the chicken through and marinate in the fridge for at least 30 minutes or up to 8 hours.

2 Combine the flours, garlic and salt. From the chicken breasts, shake off the excess sauce and mix in batches through the flour mixture. Shake off excess flour.

3 Heat a 3cm layer of oil on medium high and fry the chicken in batches for about 3-5 minutes until cooked. Drain on a kitchen towel.

SERVING SUGGESTION

Serve with sweet chilli sauce, soy sauce, mayo, chilli sauce or 2 of these mixed together!

COMPILED BY MARGIE ELS-BURGER PHOTOS: HEMA PATEL, SUPPLIED AND DOLLAR PHOTO CLUB
PRODUCTS AND PRICES WERE CHECKED AT TIME OF GOING TO PRINT* SEE PAGE 98

Club Tropicana



Feel the sun on your skin, hear the waves and feel sand under your feet with these cool buys

1 GOZO CHAIR IN INDIGO R1 599, @home, in store only 2 FLORAL EMBROIDERED SCATTER R299, Woolworths 3 TROPICAL SOAP R49, Woolworths 4 FAUX PLANTER R129.99, Mr Price Home 5 IPAD MINI COVER R649.95, Pylones-sa.co.za 6 LARGE WOODEN CAGE CANDLE-HOLDER R539, @home or online at Home.co.za 7 RAW BATH SALTS R69.50, JENAM available from gift shops or Surpriseme.co.za 8 BAMBOO HANDLE CANDLE HOLDER R269, @home or online at Home.co.za 9 LEAF PLACEMAT R140, Woolworths 10 STRIPED MESSENGER BAG R379, Due South 11 PALM TREE SILVER DANGLE with cubic zirconia, R899, SNAKE SILVER RING with cubic zirconia, R1 099, Pandora 12 SPIRAL SCATTER R350, Woolworths 13 FISH PLATTER R349, @home or online at Home.co.za 14 FOAM SEATPADS R89.95 each, Woolworths 15 SEVILLIAN NEROLI Eau de Cologne 100ml, R950, Crabtree & Evelyn 16 BIKINI TOP R169.95 & BOTTOM R139.95, Edgars 17 'Mojito Madness', 'Summer Daze' and 'Island Girl' 7ml HEAN NAILPOLISH R55, Shop.glamorecosmetics.co.za 18 GIFT TAGS R60 for a set of 6, Skinnylaminx.com



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STOCKISTS ON PAGE 98

Wanderlust

Camping buys to make the most of your outdoor adventures



1 BUSHNELL BINOCULARS R1 699, Due South 2 CANVAS BACKPACK R379, Duesouth.co.za 3 LIGHTER 2XUSB CHARGER R150, Capeunionmart.co.za 4 CUDDLEBUG SPRINGBOK ANIMAL R199, Capeunionmart.co.za 5 LED LENSER SEO 3 100 LUMEN HEADLAMP R399, Duesouth.co.za 6 FIRST AID IN A BOTTLE R250, Capeunionmart.co.za 7 BLACKFIRE CLAMPLIGHT R399, Capeunionmart.co.za 8 500ml WATER BOTTLES R119.95 each, Woolworths 9 LEATHERMAN MUT UTILITY R2 999, Due South 10 TEENY TURNER SCREW DRIVER R79, Duesouth.co.za 11 ACACIA CAMPING CHAIR R549, Duesouth.co.za 12 VARDARIS SYNTHETIC SLEEPING BAG R549, Duesouth.co.za 13 LIFETREK KIDS MOSQUITO GLOW BAND 2-Pack, R49, Duesouth.co.za 14 K-WAY VISTA 4-PERSON TENT R1 999, Capeunionmart.co.za 15 BLUE SKY TUFFWARE THERMAL BINER MUG 1.0 R99, Capeunionmart.co.za

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STOCKISTS ON PAGE 98

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Believe in better

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- Steam Therapy™
- Baby Protect
- Woolmark™ Programme
- Gentle on Cotton

DEFY

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*as tested on various tough stains vs. previous OMO concentrated liquid, with direct application & use of the stain eraser ball.
**Always test liquid on a small area inside your fabric before use, then wash.

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They thought I couldn't do it, but I proved them wrong

Meet four women who achieved incredible things, despite facing doubt and criticism

Adele Kimble, 48, took part in a gruelling mountain bike race, which changed her life.

'I missed my 20th wedding anniversary by four months. It was an amicable divorce, but not easy. It took 18 months and was a roller coaster of emotions I never knew existed. But then an opportunity presented itself that would change my life.

'A post was made on Facebook, "looking for a female partner for the 36One MTB Challenge". I offered to do it, not fully realising what I was in for. It was 361km on my mountain bike, over rugged terrain in the Karoo. My longest race at that point had been the Argus tour at 110km.

'I told very few people about it. My sister, Bev, told me I was mad (she used stronger words!). My mother just shook her head in despair, convinced I'd really lost my marbles. It wasn't so much that they told me I "couldn't" do it, but they questioned me. "Is this really what you want to do? Why do you want to do such an extreme event?" My then-boyfriend was very against it and wasn't supportive at all. But, I knew it was my journey, not theirs. I needed something like this to purge my emotional pain (which it did).

'The physical training wasn't easy. I had to ride for five hours at a time, doing hill training, pushing my heart rate up, riding when I wasn't really in the mood, and once in bucketing down rain, all on my own! The mental coaching made me look deep within my soul and address the bottled up rejection, anger and bitterness.

'For 12 weeks, I stuck to my eating, mental and physical programme and then D-day arrived. I said a prayer asking God for peace, and a finish! My cycling partner and I began, pushing ourselves to our limits. I phoned my sister half way. She was crying; I'd never ridden more than 110km in one go, and there we were at the 180km mark! At one Waterpoint, we were told that 150 riders had already pulled out. We rode over gruelling uphills with no respite and even pushed our bikes for a while.

'We crossed the finish line in 32 hours and 40 minutes. I SMSed my sister saying, "we are in" and she sobbed, "I'm so proud of you". She became my biggest supporter and fan. She saw me with new eyes and understood why I did what I did – because it made me a better person. My life will never be the same again. This healed me.'



Odile Rault, 51, was told she'd never be a singer, but became a professional.

'I'd always wanted to sing professionally. When I was 21, I went to a singing teacher and music critic in Durban, with the possibility of taking lessons with her. She played notes on the piano and asked me to sing them… And I thought I was! But then she asked me, "Have you ever had your ear trained?" I didn't know what that meant. I admitted I hadn't had training. When I told her I was 21, she said, "Ah, at your age, it's near impossible [to train you]."

'I was devastated! I remember feeling numb and empty. I felt like I'd never open my mouth to squeak again, never mind sing! This lasted a couple of days, and then because I'm stubborn and really wanted to sing, I decided that even though I couldn't do anything about my pitching at my age (or so I believed), I would at least just do comedy songs.

'I started auditioning for musical shows, focusing on comedy and entertainment, rather than a standard singing audition, as I was keenly aware of my pitching issue. I got into many musicals, and luckily got rave reviews. So, it seemed that my plan to distract from the pitching with comedy and performance worked. 'But I still had an overwhelming desire to sing "properly". One day, a director asked if I'd be prepared to take singing lessons, if they cast me in a show. I of course agreed. The lessons helped my pitching a lot, but I was still very insecure about it. I had to change my beliefs. I kept at it, and I went on to do many more shows, locally and internationally – 90 percent of my stage work involved singing!

'I went from not being able to pitch at all (with no hope of ever learning, according to an expert) to making a living out of singing. I remember dreaming of being able to sing pop and rock music really well. And, just recently I realised I'm now living that dream. I sing all songs in the original key, and I have the voice now that I dreamed of then. One musical director told me that there's no such thing as "tone deaf". Some people just need more training than others.

'If I saw that teacher again, I'd like to share with her this saying; "Those who say it cannot be done should never interrupt the one who is doing it!"'

'When someone tells you can't do something, imagine that person has a delusion. There's no point in debating it. Smile politely, and take them as seriously as you would someone who told you that koalas are going to take over the world. And then go ahead with your dream!'



'...if someone says you can't do something, then, surely, don't surround yourself with those people'

Shaheen Rajabally, 34, faced scepticism over her natural sugar business, but now it's thriving.

'In my previous life, I was an Actuarial Consultant with one of the Big Four accounting firms in London. Marriage brought me to SA, and I was immediately drawn to the entrepreneurial opportunities available in South Africa. Coming from a family of small sugarcane planters in Mauritius, sugar has always been dear to me. It's part of my cultural heritage.

'The idea to start Natura Sugars came to life when I realised that, while popular on European supermarket shelves, these authentic, natural unrefined sugars weren't available in SA. Recalling fond childhood memories of dipping bread into natural cane syrup, it occurred to me that sugar, as we know it, had actually lost the essence and taste of sugarcane. Fuelled by a passion for wholesome and non-GM food, I took the initiative to create and bring the Natura Sugars range to SA. It was a journey to put sugarcane back into sugar!

Natura Sugars endeavours to bring to consumers the best natural, unrefined sugars, made from lush ripe canes, grown without genetic modification, in Mauritius. As a business owner who self-funds the project, I oversee every aspect, from the logistics to sales and marketing.

'I faced scepticism at first. People warned me of the challenge of going into the sugar business, which is an industry dominated by big corporates with big budgets. My biggest challenge was being told that people here wouldn't appreciate or care about the superior benefits of natural sugars over conventional table sugar. I was always asked, "How?"; How will I convince people to change a lifetime habit of using white or even brown sugar (which they perceived as better)? How will I explain why our range is more expensive? Most people think that sugar is sugar, and the cheaper the better.

'It became critical for me to devise a campaign to convey the key message; not all sugars are created equal! I believed the superior taste, quality and health benefits associated with our sugars would win consumers' hearts. We sell in select SPAR and Checkers stores, and we've expanded the range to include icing sugar made from Demerara sugar, which is unique on the market.

'I believe, if someone says you can't do something, then, surely, don't surround yourself with those people. People who care will always support you and give constructive criticism. It's important to listen, to be pragmatic, and be your own critic, if necessary. You're the one with the vision and the dream, so go for it, as your success is not in other people's hands!'



FEATURE: KIM GARNER PHOTOS: PETER WHITFIELD AND SALIE VAN HERDEN

Cindy Dibete, 39, faced doubt during her articles, but now she's the chairperson of the SAIPA board.

'I decided to be an accountant because I liked the sound of the word. I was 13, and liking the sound of my future profession seemed to be all that mattered. I studied for three years, then did articles for four years, got signed off, and wrote an exam to become a member of The South African Institute of Professional Accountants (SAIPA).

'During articles, I was told that clients didn't know how to deal with me, because they'd never worked with a black person in a professional capacity before. This was hard to hear. I knew it wasn't based on actual facts, but perceptions from people who had never met me! I dealt with this by earning my reputation as a knowledgeable and skilled professional accountant, through consistently being the best at tasks that I was given to do.

'From early on, I was active in SAIPA regional activities, then got nominated by members into the regional committee. After a year of serving, I was appointed chairperson of the Johannesburg region and, two years later, I was nominated onto the SAIPA Board. After a strictly regulated nomination process, the board then appointed me their chairperson!

Some people believed that the job was awarded due to BEE and transformation, but this is a misconception. This job has never been seen by the SAIPA board as a role to be filled by a BEE and transformation candidate. My racial and gender classification is incidental in terms of this appointment. But, my late husband supported me. In fact, at the first SAIPA conference, he whispered in my ear, "You will be the president of this organisation one day". Of course I just smiled and let it go back then…

'When I got married at 25, my husband supported me to go into business. I promised myself that success for me will always be about three things: being present as a mother; being in a true equal partnership with my husband, and being a truly empowering businesswoman. That was 13 years ago. Today I have an independent 22-year-old daughter, an 11-year-old son who can talk to me about everything, and my business is not only still standing but has evolved to create a sister entity that specialises in corporate governance and board services.

'I'm too busy to mind what other people think of me; I have no control over that. My focus is on getting the job done. I completely believe in this quote from Olivia Kirtley, president of the International Federation of Accountants: "There is no substitute for competence".'



Meeting my inner warrior

Mom of two Patricia Dodgen's breast cancer diagnosis at the age of 40 came like a bolt from the blue. She shares her very personal journey, and some of the unexpected 'side effects' she encountered along the way

'On Friday 19 October 2012, my life took on a whole new direction. The day the news broke I was sitting alone in my office. The call came from the specialist radiologist, who had performed a biopsy the day before. He was just confirming what I already knew: the previous afternoon in his rooms, I had asked for his honest opinion – the poor man tried his best to sound upbeat and positive, but his eyes had told a different story.

'Now I could hear his kind voice, referring me to the best surgeon in the country – but his words were drowned out by the sound of my heart beating in my ears… I was going to die and I wasn't ready! He told me he had managed to get me an appointment at 7pm the next evening. A Saturday night? Why was he in such a hurry? Who sees patients on a Saturday night? My imagination went into overdrive – he knew something I didn't!'

MEETING THE FIGHTER IN ME

'This wasn't supposed to happen to me. This only ever happened to the neighbour, a colleague's sister, the old lady down the road – anybody but me. I mentally attempted to pull myself together so I could call my hubby Mark. It was so weird. This incredible calm came over me, like my inner warrior had already pulled up her sleeves and held up her fists. I knew at that moment that I was going to fight this thing with everything I had. I had far too much to live for: cancer had messed with the wrong girl!'

'Mark broke the news to family and close friends. He was amazing. Taking charge from day one, he saw to everything. Telling people, I was more concerned about their reaction than anything else. I didn't want sorrow or pity. I have no family history of breast cancer, but I never once asked the "why me?" question. Why not me? What made me more special than the next person?'

> 'It's not the innocent children who stare and whisper to each other in the supermarket queue, it's the adults'

BREAKING THE NEWS

'Initially, Mark and I decided not say anything to the kids. We first wanted to see the surgeon so that we knew what we were up against. My first appointment with Dr Carol Benn left me feeling focused, positive and strong. And that's how I started my journey with cancer – positive thoughts only! Breaking the news to the kids was daunting. Dylan was 17 at the time and Erin was 9. Their reaction was nothing I could have predicted. Dylan fell apart, convinced I was going to die and that we were just playing my diagnosis down. Initially, Erin totally distanced herself, only for us to discover later that she thought cancer was contagious! In the days and weeks that followed, she put more and more distance between us. She was in total denial. She broke down a few weeks later when a school friend maliciously teased her about my illness. From that day on she became my shadow.'

FAMILY AND SOCIAL MEDIA

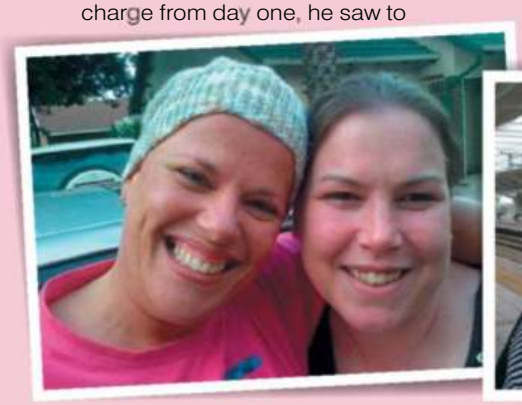
'Of my three siblings, I think my brother took it the hardest. Coming from a broken home, and being a brother to three sisters, he took on the fatherly role from a young age. He protected me from so much, yet he couldn't protect me from this. That, I think, was a very tough blow for him. His baby sister was ill and he could do nothing to fix it.

'I knew that my journey with cancer was going to have a huge impact on my family. Giving up was not an option, and a positive approach was what was going to get us through this ordeal. My parents-in-law were nothing short of amazing. Mark's mom took over cooking, lunchboxes and shopping, as well as getting the kids ready for school. My boss and colleagues also pulled together to help as much as they could.'

'I kept Facebook up to date with my progress. If it would make even the slightest difference in someone's life, I was happy to share any part of my journey. Mark also started a BBM group called Pat's Strength where close friends and my family posted daily messages of love and encouragement.

THE ONLINE MINEFIELD

'I quickly discovered that Google would be my worst enemy! Initially I researched every possible area of my cancer. But the contradicting







‘I’d read many survivor accounts, but nothing prepared me for the weight gain’



information is enough to drive you over the edge. It’s so important to remember that cancer sufferers walk very different roads. Especially breast cancer – breast cancer has so many different ‘personalities’ in terms of how it represents itself. Symptoms, treatment and prognosis varies from case to case, so you just can’t compare your journey to the person sitting next to you in the treatment room.’

THE JOURNEY BEGINS

‘The wait to start treatment was excruciating: having confirmation of the tumour and knowing there was nothing keeping it at bay. Fortunately my chemo started soon after diagnosis, on Friday 2 November, 2012. Your treatments are like a security blanket: you’re prepared to endure the effects just to know that each dose is affecting the cancer cells that are running rampant inside you. Finishing a session left me feeling quite vulnerable, knowing I no longer had something fighting the cancer from the inside.

‘Treatment consisted with four doses of ‘red devils’ once every three weeks over a 12-week period. (Red in colour, these chemo doses are so-called because only the devil could make you feel this bad.) These were followed by Taxol chemo, once a week for 12 weeks. I scheduled my chemo treatments for a Friday and those days I didn’t go to the office at all. That way, I had the weekend to get over the worst of the chemo side effects. Everyone at the office knew Monday and Tuesday after chemo was still a little rough for me and they were so good to me. After a break of three weeks, I was ready for surgery – fortunately I didn’t require a mastectomy, and was scheduled for a wide local excision to remove the tumour, surrounding tissue and affecting lymph nodes on 16 May 2013. Following that was radiation – every day for six weeks. The radiation itself is super fast. The driving there, setting up and driving back, takes up most of the time.’

FULL-TIME COPING

‘As falling apart wasn’t something I wanted to burden my precious family with, my dark moments were spent in my dressing room. Fortunately there were not many, but when that uncontrollable urge to scream wells up inside of you, a good cry and a few profanities are very necessary. It’s important to cry when you need to; you can’t be superwoman 100 percent of the time.’

NASTY SURPRISES

‘I’d read many survivor accounts, but nothing prepared me for the weight gain. I always thought cancer made people skinny and weak. Not breast cancer! The huge amounts of corticosteroids that are administered with chemo treatments are very necessary to protect your body from organ damage, but they pile on the kilos. Starchy foods like bread and potatoes helped ease my nausea after chemo sessions, but they do nothing for the waistline! Even now that I’m in remission, taking hormone blockers for the next eight years means losing weight is painstakingly slow, no matter how disciplined I am.

‘Then there’s the hair loss. Even though it was expected, it was really tough: it’s not the innocent children who stare and whisper to each other in the supermarket queue, it’s the adults!

‘Even on a good medical aid, where the chemo and radiation treatments are well covered through your oncology benefit, there was quite a financial shortfall on the surgeons – the plastic surgeon especially.’

ADVICE WORTH SHARING

‘My advice to other sufferers is this: keep that chin up and your head in the right place. Nobody said it’s going to be easy, but it’s so do-able. Be kind to your body and take each day five minutes at a time.

‘As a mother, right from the moment of diagnosis, be sympathetic to the kids’ emotions, but be upfront with them. Be positive whenever you discuss anything and make sure they understand each process you’re going through. I believe that my children would’ve adapted a lot better to my illness if I’d shared more with them initially. It’s natural for a mother to want to protect her children, but they need to know what to expect.

‘I firmly believe that things happen for a reason. The road I’ve travelled with cancer has changed so much not only about me, but my family and friends, too. It has glued us together as a family unit, with such intensity that we can face almost anything together. My family have been my strength, but my husband has been my rock. We now live each day as though it were our last, and we live for each other.

‘I’ve gained lifelong friends in my warrior sisters who’ve travelled this road with me. There have been those who have stood by unconditionally, but also those who chose not to. Life’s adversities reveal a great deal about people.

‘I’ve been blessed with a second chance, and I want nothing more than to give back, to make a difference.’

FEATURE: JANINE COLLINS PHOTOS: SUPPLIED AND ANDREA CALDWELL

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DENIM JACKET R599, Cotton On
LACE-UP TAN BOOTS R249.99, Mr Price
STRAW HAT R599, Accessorize



This beaded showstopper is the ultimate party dress – perfect for showing off slender arms. This is one to snap up now and wear again come Christmas!

INVESTMENT DRESS R1 799, Lucky Brand @ Edgars
GOLD EARRINGS R229, Accessorize
TURQUOISE RING R79, Jo Borkett



RED MAXI DRESS R119.99, Jet
SILVER TRAINERS R299, Cotton On
CHUNKY NECKLACE R329, Topshop



EMERALD GREEN SHIFT DRESS R799, Mango
GOLD LINK NECKLACE R299, Mango



STRAW HAT R199, Cotton On
TAN WRAP DRESS R399.95, Edgars
WHITE NECKLACE R199, Jo Borkett
BLUE TASSLE BAG R99.99, Mr Price
BROWN BOOTS R1299, Call It Spring



BLACK DRESS R899, Jo Borkett
NECKLACE R299, Jo Borkett
SILVER CUFF R249, Jo Borkett
BLACK & WHITE HEELS R499, Call It Spring



STRIPED DRESS R679, Topshop
TAN HEELS R599, Call It Spring
CHOKER R299, Accessorize
VINTAGE BRACELET R399, Accessorize

OUR FAVOURITES
Summer whites



BIKER JACKET
R699, Cotton On



DRESS R799,
Jo Borkett



T-SHIRT R249,
Mango



COTTON SHIRT
R119.99, Jet

DIAMANTE CUFF
R99, Jo Borkett



FLARED SKIRT R899,
Forever New



BLAZER R399,
Cotton On



RIPPED SHORTS
R349, Cotton On



FLORAL PUMPS
R89.99, Jet

Q&A WITH STYLE COACH SUZANNE SESINK CLEE



Q I love wearing pantyhose, but I'm not sure if they're still trendy?

A Only wear pantyhose if they add something to the outfit and make a strong style statement. Opaque tights or patterned black hose and very fine fishnets work well. But remember, your bare legs always look younger and more vibrant than pantyhosed legs.

PANTYHOSE R40, Pick n Pay Clothing

One item THREE LOOKS



GREY KNITTED FLARE DRESS R249, Cotton On



DENIM JACKET R599, Cotton On
NECKLACE R269, Accessorize
SILVER LOAFERS R299, Woolworths



BLACK BLAZER R399, Cotton On
NUDE WEDGES R599, Cotton On
NECKLACE R49.99, Mr Price



SILVER CARDIGAN R119.99, Mr Price
PEARL NECKLACE R399, Jo Borkett
NUDE PUMPS R299, Call It Spring
BLACK CROSS BODY BAG R299, Cotton On

STOCKISTS ON PAGE 98

BEST BUYS

Tassle bags for day and night



BLUE BAG R99.99, Mr Price



BROWN TASSLE BAG R159.99, Mr Price



FRINDGED BUCKET BAG R299, Cotton On



TAN TASSEL BAG R99.95, Edgars

FASHION: ASSISTED BY KIARA LAIOS PHOTOS: ANDREA CALDWELL MODEL: PRIYESHKA OF ICE MODELS HAIR AND MAKE-UP: ADELLE JUNG SHOT ON LOCATION AT THE PADDOCKS, BEAULIEU PRODCUTS AND PRICES WERE CHECKED AT TIME OF GOING TO PRINT* SEE PAGE 98

Flawless finish

With the right products to suit your skin type, and the correct application tools, it's possible to get that perfectly airbrushed look. Here's how...

Freckles, blemishes, uneven skin tone, and dark marks – we all have them, but the good news is that you can achieve flawless radiance and coverage; it's all up to using the right products to suit your needs and learning about the tools to best apply them. With some expert advice from professional make-up artist Sam Scarborough, and our tips and tricks, you're on your way to a beautifully laid foundation...



Step 1: *Prime*

'Using a primer is important because it prep your skin, smoothing out the texture and levelling any large pores and fine lines,' says Sam. Always use a primer best suited to your skin type.

After cleansing and moisturising your skin, apply primer evenly using your fingertips. Go up into your hairline and down your neck, too.

Try

Revlon PhotoReady Prime + Anti Shine™ Balm, R225
Bionike Defence Color Primer, R195
Catrice prime and fine anti-red base, R79.95
Catrice prime and fine smoothing refiner, R89.95



Step 2: *Conceal*

Use this wonder product to its full potential by understanding what the different colours can do for your skin.

Green neutralises red zones on your face, like blemishes and blotchy areas. But, avoid using it on darker areas of your face, like the area under your eyes.

Yellow and warm tones are usually safe colours to stick with when concealing, because they balance out your overall tone.

Orange works well on dark circles under the eyes, as the colour counteracts the bluish tint.

Pink is best used on darker skin tones to cover up dark circles and blemishes, or to neutralise bluish or purple areas on the face.

'Pick your concealer, then use your fingertips to gently work in a little under the eye area. The trick? Tap, don't stroke,' says Sam. Whatever tool you're using to apply your concealer, use light tapping motions to blend it in. This ensures you won't look cakey.

Concealing before or after foundation? To cover up dark circles, conceal before foundation; to cover up blemishes, conceal after foundation.

Try these...

Catrice allround concealer, R61.95
Revlon ColorStay Blemish Concealer, R159
Essence Coverstick in 03 matt honey, R39.95
Revlon PhotoReady Concealer, R160
Essence Stay Natural Concealer in 04 soft honey, R39.95



TIP Use it to cover your lips and eyelids as well, to make your make-up stay put!

Step 3:
Apply foundation

Next, apply your foundation using your preferred tools. 'Always apply your foundation in downward strokes, so you don't clog your pores with product,' Sam advises.

If you have dry skin, stick to foundations with more of a creamy texture to retain moisture in your skin. If you're on the oilier side, look for more mattifying products. 'Test the foundation on your jaw area – ensuring the make-up blends perfectly into the face and down the neck,' says Sam.

'I find that applying liquid foundations with a flat, synthetic brush provides the smoothest, most flawless finish on the skin. Using the brush, you can better manage the amount of product applied on to your face, as well as blend to the desired coverage.

'For mousse foundations, I find the heat generated from your fingertips helps to warm the foundation, and allows easier blending into the skin.'

WHICH FORMULATION IS BEST FOR MY OCCASION?

A foundation with a lighter consistency is always more suited to outdoor events where you'll be exposed to the elements, like BB creams, CC creams, tinted moisturisers and powder-based foundations. 'Many foundations have an SPF built in, which is great for time in the sun,' says Sam. 'For formal events, a slightly heavier foundation may be preferred – like liquid or cream-based formulations.'

Try these...

Lycogel Cover & Recovery Breathable Camouflage in Cocoa, R846
Essence Stay All Day 16hr long lasting make up in 30 soft sand, R72.95
Essence Soft Touch Mousse Make Up in 02 matt beige, R69.95
Almay Smart Shade Mousse Makeup, R199
Revlon PhotoReady Airbrush Effect Makeup, R279
Essence All About Matt! Oil Free Make Up in matt caramel, R67.50



Step 4:
Powder up!

Set your foundation with a compact or loose powder. Powders mattify and smooth your skin to complete a flawless finish.

'If you have oily skin and want to combat shine, finish your make-up with a loose powder. They're best applied with a soft-haired, big-domed brush. The bigger and softer, the better! Use the brush to lightly dust the make-up onto your face,' says Sam.

When applying compact powders, a cotton pad does the job well. 'I like to pinch the cotton pad, work a bit of product onto it, then roll it on to the face, pressing the powder onto the skin, allowing the foundation to set.'



Try these...

Essence Mattifying Compact Powder in 10 light beige, R53.95
Essence Stay all day 12hr long-lasting powder in 10 matt beige, R67.50
Physician's Formula Mineral Wear Loose Powder, R209
Physician's Formula Mineral Wear Airbrushing Pressed Powder in Creamy Natural, R209
Physician's Formula Powder Palette Multi-Colore Pressed Powder in Translucent, R209



Demystifying *the tools*

Sponges, brushes, or plain old fingertips? Which tool is best and what goes with what?



Angled brushes with soft bristles are good to use when applying loose powder, as are big, soft brushes.
Barbara Hoffman blush brush VEGAN, R89

Make-up wedges are great to use to blend your foundation all over your skin, up to your hairline, and past your jawline to avoid that 'tide mark'. Wash in hot water after each use to keep them in good condition.
Professional Beauty Care make-up wedges, R14.95

Mudsa Make-up Sponges (12 Pack), R135
Powder brush, R999
Foundation brush, R620
Crease brush, R425
Large white fan brush, R305
Lip brush, R339
Concealer brush, R275
Pencil sharpener, R112

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FEATURE: ROBYN LAWRENSON PHOTOS: HEMA PATEL AND DOLLAR PHOTO CLUB

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ALL white NOW!

Want a lighter, brighter, more youthful smile? Here's what you need to know about teeth whitening...

Everyone wants a beautiful, bright white smile, and these days you can get one – at a price, of course. There are a number of bleaching options available, but how do you know which one is right for you and, more importantly, what results are reasonable to expect?

The first step is to chat to your dentist. According to Joburg-based practitioner Dr Elizma Rabe various factors influence the choice of treatment – not just convenience and cost. 'You need to know why your teeth are discoloured,' she says. Staining from food, coffee, alcohol and tobacco are common culprits, while certain medications and physical damage are also to blame. 'It's also important to determine the tone of your teeth, as not all colours bleach well.'

Generally, yellow-hued teeth bleach best, followed by brownish-coloured teeth. Grey teeth don't tend to bleach, and a 'dead' tooth that has turned blue needs different treatment altogether, says Dr Rabe. 'Fillings, veneers and crowns don't bleach either,' she adds. 'They'll need to be assessed and possibly redone after whitening.'

What to expect

Most dentists favour two approaches. In-office involves the professional application of a powerful whitening gel in the dentist's chair. The procedure is once off, usually takes an hour, and delivers instant results. BriteSmile is a popular option (Britesmile.co.za). The other solution – Dr Rabe's preferred approach – is a take-home, professional whitening kit that you can buy from your dentist. With this solution, clients wear a gel-filled mouth guard that has been custom-made to fit their teeth perfectly, every night for 5-14 nights. Results are gradual, but your dentist oversees the process, and it's more cost-effective. Prices vary according to practitioner. Many dentists prefer to use Opalescence products (Opalescence.com). Sensitivity may occur as a result of bleaching, warns Dr Rabe, but this is usually temporary. Soft tissue irritation happens sometimes too, but is less likely to occur with properly fitted mouth guards. Depending on the treatment you choose – and the food and drinks you consume afterwards – results should last one to three years.



At-home whitening kits

Of course you can bypass the professionals and buy whitening kits online or over the counter. Liquid Smile (Liquidsmile.co.za) is an easy-to-use gel pen that's applied nightly for about two weeks. Results are gradual and last anywhere from three months to two years. Other shop-bought options usually involve strips, chewing gums, toothpastes or rinses. Many of these – toothpastes in particular – can be very abrasive and damaging to the tooth enamel, so be cautious of long-term use, advises Dr Rabe.

If you're keen to investigate chemical-free alternatives, take a look at Pure Smile (Puresmile.co.za), a natural liquid that's applied to the teeth and activated with an LED light for 30 minutes. You can up your intake of apples, celery and carrots too – they act as natural stain removers for the teeth.

Dr Elizma Rabe 011 884 9248

FEATURE: NICOLE ALLEN PHOTO: DOLLAR PHOTO CLUB

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A brighter you!

Make radiant skin your summer beauty goal by tackling pigmentation and uneven skin tone. Here are some of our favourite buys, designed to help brighten the face and neck...



1 THERAVINE VitaVine Anti-Wrinkle Skin Booster, R390, selected spas and salons 2 OPTIPHI Complexion Control, R990, selected spas and salons 3 NIVEA Perfect & Radiant 3-in-1 Mattifying Cleanser for normal to oily African skin, R79.99 4 SKNLOGIC Diminish Day with Raspberry Extract, R199, selected spas and salons 5 EUCERIN Even Brighter Spot Corrector, R169.99 6 KIEHL'S Dermatologist Solutions Line-Reducing Eye-Brightening Concentrate, R700, selected Edgars stores 7 VICHY ProEven Night, R450 8 CLARINS Bright Plus Brightening Hydrating Day Lotion SPF 20, R595 9 NUXE White UV Protector SPF 30, R395, selected Truworths stores 10 DERMALOGICA PowerBrightTRx Pure Night Cream, R1 080, selected spas and salons 11 GATINEAU White Plan Protective Cream, R625, selected salons 12 PLACECOL Vitamin C Radiance Therapy, R280

COMPILED BY NICOLE ALLEN PHOTOS: SUPPLIED
PRODUCTS AND PRICES WERE CHECKED AT TIME OF GOING TO PRINT* SEE PAGE 98

STOCKISTS ON PAGE 98

NATURAL NOURISHMENT FROM ROOT TO TIP

FOR HEALTHY HAIR THAT SHINES!



VERVE 0311862406



WIN! WIN! WIN! WIN!

6 LUCKY READERS

will each win a romantic weekend for two at the Hands On Retreat, including spa treatments and a picnic, worth **R4 999!**

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Full body massage
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HOW TO ENTER

To stand a chance to win this prize, SMS the keyword 'SPAOCT', with your full name, contact number, physical address and postal code, and ID number to 48412 (each SMS costs R1.50, errors will be billed. Free SMSs do not apply). Entries close 31 October 2015.

COMPETITION RULES

The prize is non-transferable and cannot be converted to cash. The judges' decision is final and no correspondence will be entered in to. See page 98 for terms and conditions.



What's cooking

50 new recipes to add to your collection!

If you and the family are Banting, you'll love this Thai Red Fish Curry and Cauli-rice on page 75

USEFUL CONVERSIONS

3ml = ½ t	80ml = ⅓ cup
5ml = 1t	125ml = ½ cup
8ml = 1½ t or ½ T	160ml = ⅔ cup
10ml = 2t	180ml = ¾ cup
15ml = 1T	250ml = 1 cup
45ml = 3T	310ml = 1¼ cups
60ml = 4T (¼ cup)	375ml = 1½ cups

t = teaspoon T = tablespoon

Family food

20 delightful tarts, both sweet and savoury, and Banting-friendly weekday suppers

Weekend food

Beautiful food inspired by flowers, and Marlene van der Westhuizen's go-to dinner to impress

Baking

Best ever mini chocolate cheesecakes, and a guilt-free chocolate cake, too!

Delicious food for busy days and easy ideas for entertaining



Petal POWER

Create dishes that look as beautiful as they taste with edible flowers!

See recipe on page 52



variation Dilute with water, lemonade, soda water or sparkling wine. Serve over crushed ice or floral ice-cubes if you like.

tip To make floral ice cubes, simply place edible flowers, like pansies, lavender, hibiscus petals or rose petals, in ice trays, fill with water and freeze.

See recipe on page 52



Great starter!

SUMMER RADISH SOUP

✤ Serves 4 ✤ Takes 1hr

FOR THE SOUP
15ml butter
1 onion, chopped
1 garlic clove, crushed
300g potatoes, peeled and cubed
750ml vegetable stock
300g radishes, sliced
250ml Greek yoghurt

FOR THE FLORAL CHEESE BALLS
50g Goat's cheese
50g cream cheese
edible flower petals (like pansies, daisies, lavender and wax) + extra

FOR THE BASIL OIL
45ml olive or avocado oil
small handful basil

baby basil leaves, to serve

1. For the soup, heat half the butter on medium low and sauté the onion and garlic. Add the potatoes and stock and simmer for 20 minutes. Strain and set the liquid aside (see tip).
2. Heat the rest of the butter on medium and sauté the radishes. Add the potato liquid and cook for 3 minutes. Blitz the soup with the yoghurt until smooth. Season.
3. For the cheese balls, combine the cheeses and shape into 12 balls. Roll the balls in the petals, pressing them on as you go.
4. For the basil oil, blitz the oil and basil together. Season.
5. Serve the soup at room temperature with the basil oil, cheese balls, extra petals and baby basil sprinkled over.

tip **You won't need the cooked potatoes for the soup, but do not throw them away. Mash with a knob of butter and cream and season, or use in a frittata.**

note **Gelatin leaves set much clearer than powder gelatin, but if you can't find gelatin leaves, use 3ml powder for every leaf.**

FLORAL JELLIES

✤ Makes 12 ✤ Takes 40 min

FOR THE JELLY
6 sheets gelatin leaves (see note)
500ml water
45ml castor sugar
8ml rosewater
12 x 4cm edible flower stalks (like wax flowers)

FOR THE WHITE-CHOC MOUSSE
6 sheets gelatin leaves
125ml milk
180g white chocolate
250ml cream

1. For the jelly, soak the gelatin in a bowl of cold water for about 5 minutes until soft. Heat the water and sugar on medium, stirring until the syrup clears. Take off the heat. Add the gelatin (squeezing out excess water) and rosewater, stirring until dissolved.
2. Pour into 12 x 80ml jelly moulds. Place a flower in each one. Set in the fridge.
3. For the mousse, soak the gelatin in a bowl of cold water for about 5 minutes until soft. Heat the milk and chocolate on medium for about 5 minutes, stirring until melted. Take off the heat and stir in the gelatin (water squeezed out) until dissolved. Cool to room temperature.
4. Whip the cream until stiff peaks form and fold into the chocolate mixture. Pour over the set jelly. Chill in the fridge for at least 3 hours before turning out (see tip).

tip **To unmould, gently press the jelly all around the top to loosen. Turn over and give a gentle shake. If you still struggle to get them out, dip into boiling water, taking care not to melt.**

PANSY DIP PLATTER

✤ Serves 8 ✤ Takes 1 hr 30

FOR THE DIPPING SAUCE
3cm piece ginger, finely grated
1 chilli, finely chopped (optional)
80ml soy sauce
60ml water
10ml sugar

FOR THE SPRING ROLLS
100g bean sprouts
500ml green cabbage, sliced thinly
small handful of each basil, coriander and mint
2 spring onions, thinly sliced diagonally
30ml sesame seeds
250ml pansy flowers, stems removed
6 rice-flour wrappers

FOR THE TEMPURA FLOWERS
500ml pansies
vegetable oil, for deep frying
250ml cake flour
15ml cornflour
375ml sparkling water

sweet chilli sauce, to serve

1. For the dipping sauce, combine all the ingredients. Keep aside.
2. For the spring rolls, combine the sprouts, cabbage, herbs, onions and seeds. Fill a large pan with cold water and dip 1 wrapper into the water for about 30 seconds until soft.
3. Lay the wrapper out on a kitchen towel and cut in half. Pack an 8cm line of the cabbage mixture down the centre of half the wrapper and top with a few flowers.
4. Roll the wrapper over, pulling back slightly to bring the filling together. Bring the sides of the wrapper in (on the back side, not showing the flowers) and roll up tightly. Pack in an airtight container lined with wet paper towels and cover. Continue with the rest.
5. For the tempura flowers, heat enough oil for deep frying on medium. Combine the flour, cornflour and sparkling water. Season. Dip about 5 flowers at a time in the batter, shaking off the excess. Fry the flowers for about 2 minutes until just golden. Drain on paper towels and repeat with the rest. Sprinkle salt over if you like as soon as they come out of the oil. Serve immediately with the spring rolls and dipping sauce.

HIBISCUS COOLER

✤ Makes about 500ml ✤ Takes 15 min

500ml castor sugar
375ml water
2 strips orange peel + juice
45ml dried hibiscus flowers

1. Heat the sugar and water on medium high, stirring until the sugar has dissolved. Add the orange peel, juice and flowers, and bring to boil.
2. Reduce heat and simmer for about 5 minutes to infuse. Spoon off any foam that comes to the surface. Remove from the heat and leave to cool. Strain. Keeps in the fridge for a month.

Dried hibiscus flowers can be found at specialty shops or tea shops. You can also make your own by simply leaving flower petals out to dry on a flat surface out of direct sunlight that has good air circulation for about a week, turning them over every other day. Visit Yourfamily.co.za to see how to speed things up in the oven.

APPLE ROSE TARTS

✤ Makes 8 ✤ Takes 2 hrs

3 red apples (like Pink Lady)
15ml (1T) lemon juice
250ml (1 cup) sugar
100g butter, melted
10ml (2t) rosewater
15ml (1T) rose petals, finely chopped
400g roll shortcrust pastry
icing sugar, to dust
whipped cream, to serve

1. Preheat oven to 180°C. Grease 2 x 6-hole jumbo muffin tins. Place an apple upright and make a cut about 5mm from the centre of the apple, on both sides, to cut the core out. Slice the apple very thinly into half-moons (a mandolin slicer works best for this).
2. Toss the apple slices with the lemon juice, 60ml of the sugar and 30ml of the butter. Microwave the apples for about 1 minute until soft and pliable enough to roll. Cool slightly.
3. Combine the remaining 70g butter, 180ml sugar, rosewater and petals. Roll the pastry out in the length as thinly as possible to about 3mm thickness. Cut the pastry into 4 strips through the length and then in half through the width (so you have 8 pastry strips). Sprinkle the butter mixture over the pastry strips.
4. Pack the apple slices, overlapping by half, on the top halves of the strips (so that about 1cm off the apple is sticking out above the dough). Fold the bottom half of the pastry strip over the top half of the pastry (through the length) to enclose the filling. See Yourfamily.co.za for a video clip on shaping the flowers.
5. Roll each up tightly to form roses. Pull out or tuck in some of the apple slices to create a pretty rose. Place an apple rose in each cup of the muffin tin. Brush over all the liquid from the apples. Bake for about 30 minutes until the crust is golden. Cover with foil if the apples start losing their pink skin colour.
6. Dust with icing sugar. Serve warm or at room temperature with whipped cream.

note **We made 4 large apple roses by not cutting the pastry strips through the width. This way, each rose will serve 2 people. Getting the centres cooked without browning the apple slices gets a bit more tricky, so we suggest making 8 smaller ones.**

5 WAYS WITH...

GREEK yoghurt

It's the perfect base for tasty dips!

CHICKPEA YOGHURT DIP

✤ Makes 250ml ✤ Takes 10 min

410g tin chickpeas, drained
2 garlic cloves, crushed
5ml ground cumin
15ml warm water
60ml olive oil
80ml Greek yoghurt
handful coriander, chopped
pita breads, to serve

1. Place the chickpeas, garlic and cumin in a food processor with the water and process until smooth.
2. With the motor running, pour the oil in a thin, steady stream and process until smooth. Fold in the yoghurt and coriander. Season. Serve with a toasted pita breads.

BEETROOT TZATZIKI

✤ Makes 250ml ✤ Takes 10 min

Grate 1 large, peeled **beetroot**. Drain for 10 minutes in a sieve or colander (press with the back of a spoon to remove any excess liquid). In a separate bowl, mix together 1 crushed **garlic clove**, 100ml **Greek yoghurt**, 10ml **red wine vinegar**, 30ml **olive oil** and a handful chopped **dill**. Add the drained **beetroot** and season. Serve on a tapas platter.

CARAMELISED ONION DIP

✤ Makes 250ml ✤ Takes 1 hr

Heat 60ml **butter** on medium low and sauté 2 thickly sliced **onions**. Add 60ml **brown sugar** and cook until caramelised. Add 4 crushed **garlic cloves** and fry for 5 minutes. Set aside to cool. Mix together 250ml **Greek yoghurt**, a handful chopped **chives** and the onion mixture. Season. Serve with **bruschetta**.

BASIL AND WALNUT DIP

✤ Makes 250ml ✤ Takes 10 min

In a food processor, combine a big handful of **basil**, 3 sliced **spring onions**, 1 crushed **garlic clove**, 60ml **olive oil** and 15ml **lemon juice**. Process until it forms a smooth paste. Stir the paste into 250ml **Greek yoghurt** with 30ml chopped and toasted **walnuts**. Season.

OLIVE AND ROSEMARY DIP

✤ Makes 250ml ✤ Takes 10 min

Combine 60ml chopped **black olives**, 15ml finely chopped **rosemary**, 1 crushed **garlic clove** and 100g crumbled **Feta cheese**. Fold the mixture into 250ml **Greek yoghurt**. Season. Serve with toasted **ciabatta**.

FEATURE: VICKIE DE BEER PHOTO: SALIE VAN HEERDEN



Healthy mom, healthy family

As a mom it's important to take care of your health. With Freshpak Green Rooibos, making smart lifestyle choices is as easy as brewing a cup of tea

It's no surprise that at the end of the day, after swapping your career woman hat for your mommy one, making healthy choices is the last thing on your mind. While it's tempting to pour yourself a cup of coffee to get you through the next shift, for a healthier and refreshing alternative, rather choose Freshpak's Green Rooibos.

While green tea is high in antioxidants and has many beneficial properties, it's made from the same plant as regular black tea and contains caffeine. Green Rooibos is so much more. It is made from the Rooibos plant and while it contains all the benefits of green tea, it is higher in antioxidants and just like Rooibos, is naturally caffeine free. Brewing a refreshing cup of green Rooibos could be the easiest and tastiest way of taking care of yourself. Green Rooibos is delicious hot and even more refreshing as a base for ice tea. Just add a teaspoon of honey and some orange slices for a bit of extra flavour. Green tea also contains compounds that boost your metabolism and encourage weight loss, especially in conjunction with an active lifestyle and balanced diet. In drinking green tea you can feel confident in the fact that you are making a healthy choice with ease.

After a long day, find some time for yourself, brew a pot of Freshpak Green Rooibos tea and savour the great taste.

Green Rooibos Benefits

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- Sugar free
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- Reinvigorates your energy levels
- Helps with Digestion

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YF7916/10/15 IMAGES: THINKSTOCK

Gather 'round and enjoy!

These are some of my favourite dishes that I've gone back to, time and time again, savouring with special people, writes Marlene van der Westhuizen...

A pipérade is a typical Basque dish prepared with tomatoes, red and green peppers and olive oil.

TIP: To blanch tomatoes, make a small cross in the base of each tomato. Quickly place the tomatoes in boiling water for 30 seconds to 1 minute. Take out and place in ice water. The skins should peel off easily from the cut side.

PIPÉRADE WITH PEPPERS

✤ Serves 6 ✤ Takes 50 min

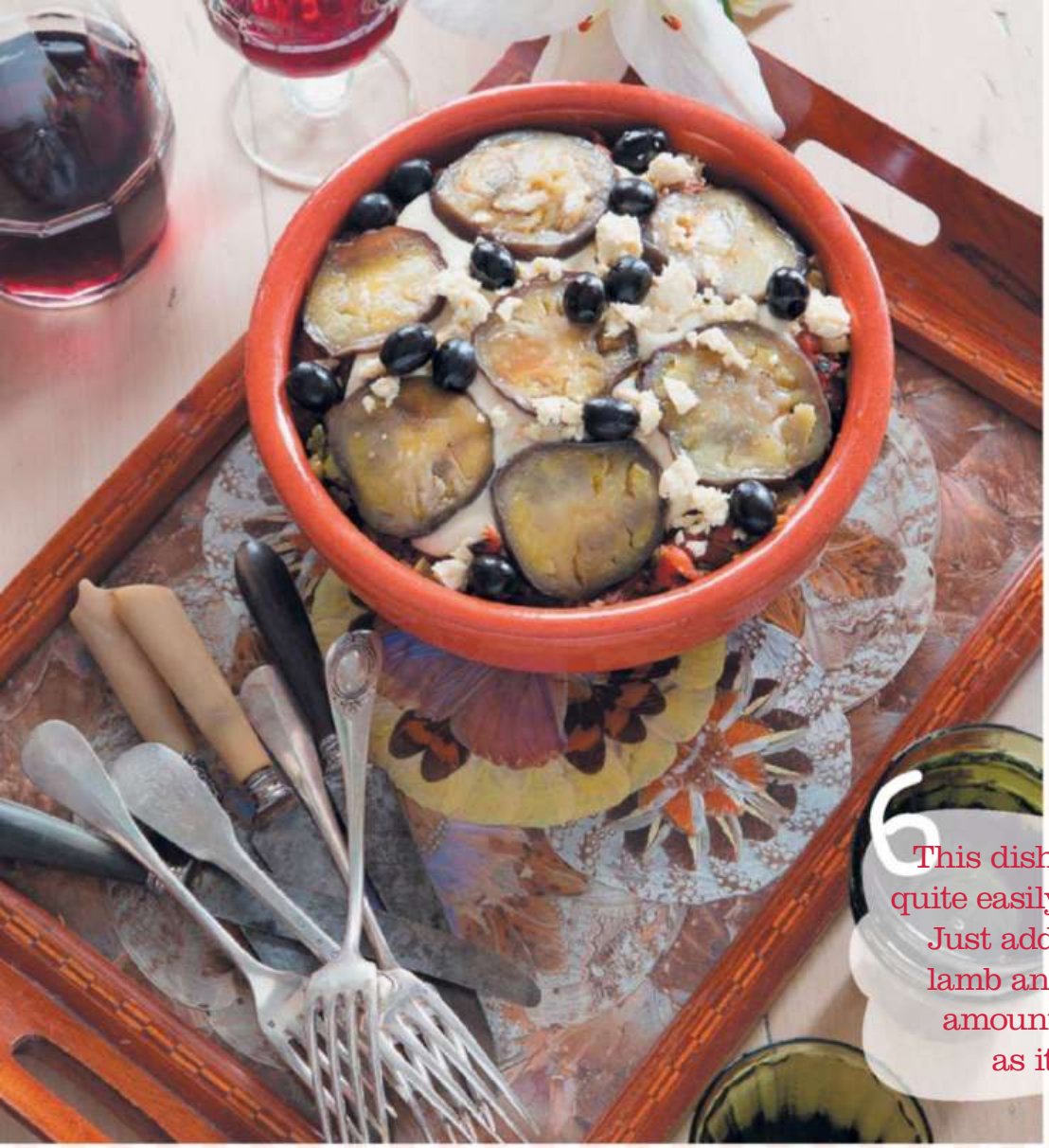
4 ripe tomatoes
4 red peppers, sliced into strips
4 green peppers, sliced into strips
4 yellow peppers, sliced into strips
4 small leeks, finely chopped
6 garlic cloves, crushed
150ml olive or avocado oil
8 anchovies
large handful basil, roughly chopped
15ml thyme, leaves picked
bread or toast, to serve

1. Turn on the grill in your oven. Roast all the peppers for about 20 minutes, turning them the moment the skin turns dark. Allow them to cool down before peeling them. Make sure that you painstakingly remove all the pips. Do not be tempted to rinse them – you will only succeed in washing off the fabulously tasty juices that have been released by the roasting process.
2. Blanch and peel the tomatoes (see tip) and chop the flesh. Heat the tomatoes, peppers, oil, and anchovies, and gently poach everything together in a casserole for about 10 minutes. The anchovies will melt into the mixed peppers and add an amazing flavour.
3. Stir the basil and thyme into the mixture and serve immediately with bread or toast.





6 What a deliciously messy snack this is – one of those that one eats outside, leaning forward, feet slightly apart. The more sensible way to serve this would be scooped on top of a lightly toasted baguette slice, elegantly presented on a side plate... 9



Rub a leg of lamb generously with a mixture of olive oil, salt and white pepper, add a bay leaf or two, a sprig of rosemary and a handful of garlic cloves. Cover and roast at 120˚C for about 4 hours. It should be perfectly cooked and extremely tender.

> This dish can be adapted quite easily for more people. Just add another leg of lamb and play with the amount of vegetables as it suits you.

LAMB CASSEROLE WITH BRINJALS AND TOMATOES

✤ Serves 10 ✤ Takes 1 hr 15

50g butter
extra virgin olive oil, for frying
3 brinjals, sliced
8 ripe tomatoes, peeled (see tip on page 56)
15ml dried basil*
6 garlic cloves, peeled and chopped
6 leeks, sliced into pennies and washed well
1.6kg leg of lamb, oven-roasted, deboned and sliced
500g Feta cheese, crumbled
15ml oreganum, freshly chopped or dried
250g black olives, pitted
1 egg
550ml bechamel**
basmati rice or crusty bread, to serve

1. Preheat oven to 180°C. Butter a large ovenproof casserole.
2. Heat a splash of oil in a saucepan and sauté the brinjals. Set aside. Add another splash of oil and the butter, and sauté the tomatoes, basil, garlic and leeks. Set aside.
3. Line the bottom of the prepared casserole with a layer of the cooked lamb. Follow with a brinjal layer and then a tomato mixture layer. Follow with a sprinkle of some of the Feta cheese and oreganum. Repeat, starting again with the lamb. Try to finish with a brinjal layer, then add a layer of olives.
4. Whisk the egg into the bechamel. Spoon the rich, creamy sauce over the meat and vegetables and bake, uncovered, for 40 minutes. Serve immediately with a huge bowl of steaming basmati rice or crusty bread.

> We all have that one dish we can always fall back on. This is mine...

* Don't be tempted to use fresh basil. The dried basil adds a wonderful flavour to the dish.

** Heat 60g butter on medium until melted. Add 45ml cake flour and stir until creamy. Slowly add 750ml milk, while stirring until smooth. Season. I find great pleasure in whisking the leftover meat juices into the bechamel for extra flavour!

FEATURE: MARLENE VAN DER WESTHUIZEN
PHOTOS: DERYCK VAN STEENDEREN AND JOHAN WILKE

LUXE APPLE PIES

✤ Makes 12 ✤ Takes 45 min

400g roll puff pastry
15ml (1T) castor sugar
250ml (1 cup) Mascarpone cheese
5ml (1t) vanilla essence
3 eggs, whisked
12 mini apples, stalks attached for charm*

1. Preheat oven to 220°C. Use a 8cm cookie cutter, cut 12 small rounds of pastry and line each opening of a greased medium cupcake tin.
2. Fold the sugar into the Mascarpone. Stir in the vanilla and eggs gently. Spoon a dollop of this creamy mixture into the middle of each pastry round and place a tiny apple on top.
3. Bake immediately for about 25 minutes until the pastry is a lovely caramel colour. Serve.

* Mini tinned apples are available at leading supermarkets.

Simple and delicious!

A glorious way to serve these apple pies is to place a tot measure of Calvados or brandy in an elegant little glass on the plate next to the tiny puff.

NEXT MONTH, A LIGHT, SUMMERY MENU TO IMPRESS

QUICK *comforts!*

Jazzed up, or in a tray bake, potato wedges are oven-baked deliciousness!

cheesy potato wedges

Season and roast 1kg **potato wedges** for 30 minutes at 200°C. Sprinkle 125g grated **Cheddar cheese** and 125g crispy diced **bacon** over. Bake for about 15 minutes until the cheese is melted. Sprinkle with 3 sliced **spring onions** and serve while hot.

spiced potatoes

Combine 20ml **paprika**, 15ml **chilli flakes**, 10ml **onions flakes**, 15ml **garlic flakes**, 10ml **ground cumin** and 60ml **Malden salt**. Roast 1kg **potato wedges** according to packet instructions. Toss the wedges in 60ml **olive oil** and then in the **spicy salt**. Serve with **tomato salsa**.

mediterranean roasted wedges

Season and bake 1kg **potato wedges** and 1 **onion,** cut into wedges, at 200°C for about 20 minutes. Add 200g halved **cherry tomatoes**, 1 **green pepper**, cut into strips, and 100g packet **olives**. Season and bake for another 15-20 minutes. Serve with roasted **chicken**.

wedges with cheese sauce

Season and roast 1kg **potato wedges** at 200°C for 30-40 minutes or until cooked and golden. Fry 45ml **butter** and 30ml **cake flour** on medium for 1-2 minutes until a paste forms. Whisk in 500ml warm **milk** and bring to boil. Cook for 2-3 minutes, stirring constantly. Whisk in 200g grated **Cheddar cheese**. Serve with hot wedges.

pesto potatoes

Roast 1kg **potato wedges** at 200°C for 30-40 minutes until cooked and golden. Combine 80ml **basil pesto**, 45ml **olive oil** and ½ finely chopped **red onion**. Toss the wedges through the mixture and season. Serve with baked **fish**.

potato nachos

Season and bake 1kg **potato wedges** at 200°C for 20 minutes. Combine 500ml cooked **beef mince**, 410g tin drained **red kidney beans**, 410g tin chopped **tomatoes** and 1 finely chopped **red chilli** and spoon over the potatoes. Top with 2 discs crumbled **Feta** and bake for another 15-20 minutes. Serve with chopped **coriander** and **guacamole**.

dukkah roasted wedges

Season 1kg **potato wedges** and drizzle with **olive oil**. Toss the wedges in 60ml **Dukkah** and 45ml **salt**. Roast at 200°C for 30-40 minutes until golden and cooked.

tuna and tomato bake

Season and roast 1kg **potato wedges** for 30 minutes at 200°C. Combine 1 crushed **garlic clove**, 125ml chopped **gherkins**, large handful chopped **parsley**, ½ chopped **red onion**, 125ml **crème fraîche**, 125ml **plain yoghurt** and 2 x 170g tins drained **tuna**. Spoon the mixture over the wedges and top with 125g grated **white Cheddar cheese**. Bake for about 15 minutes, until the cheese has melted. Serve hot with a handful of **rocket**.

FEATURE: VICKIE DE BEER ASSISTED BY INEMARIE RABIE PHOTO: HENK HATTING

Roast things up

Give tonight's dinner a delicious heart-healthy taste your heart will really appreciate.

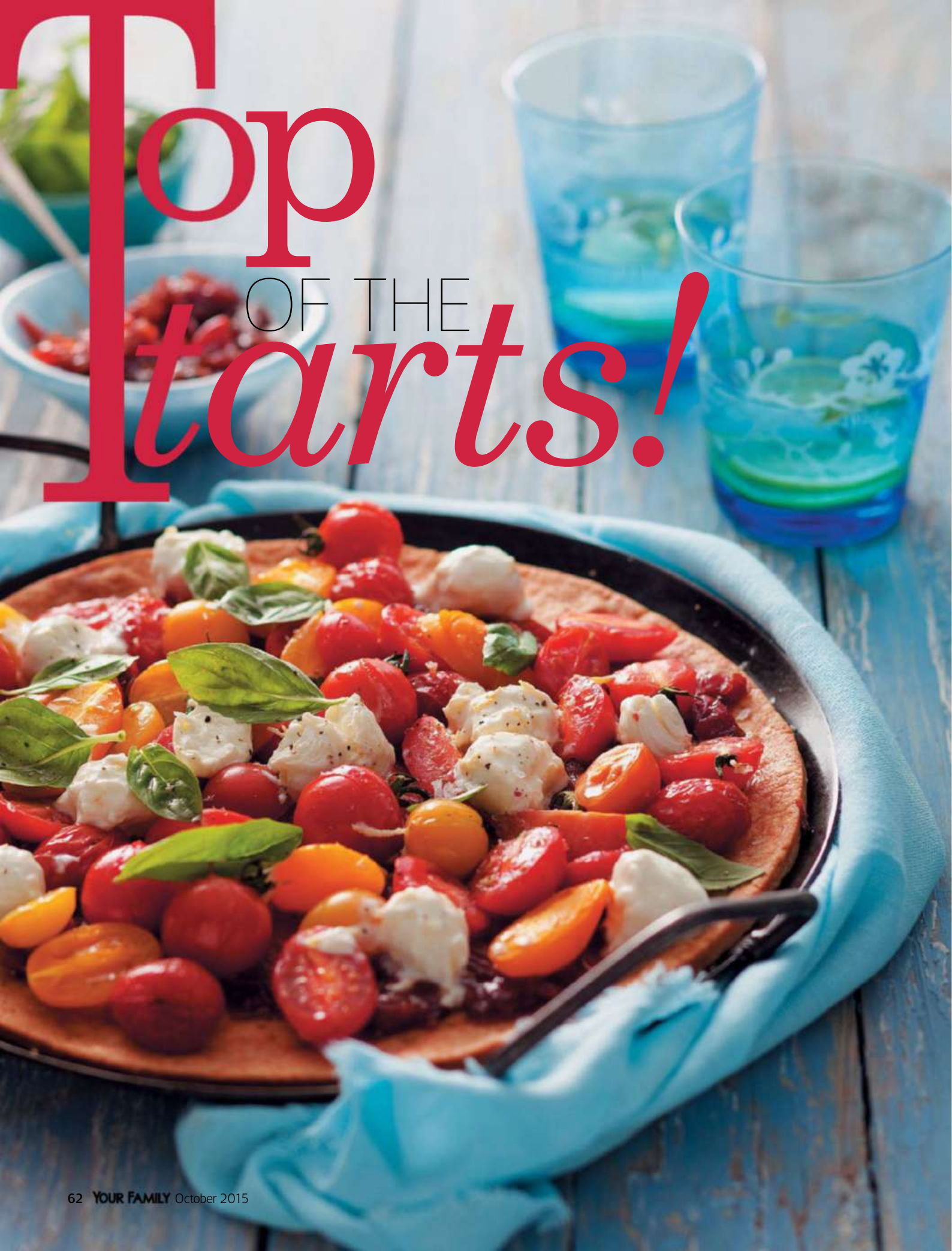
Combine 4 big dollops of **Flora Gold** with 1 chopped garlic clove, 1 sprig of chopped rosemary and the zest of 1 lemon. Season 6 lamb chops with salt and black pepper. Heat a griddle pan on high and grill for 4-5 minutes on each side or until done to your liking. Serve with the **Flora** mixture while still warm.

Try this!
Give it an Asian twist: replace the rosemary and lemon zest with a few sprigs of chopped coriander and the grated zest of 1 lime.



For more recipe inspiration, visit Florastrongheart.co.za

YF7912/10/15 RECIPES AND STYLING VICKIE DE BEER PHOTO: ORPHOTOGRAPHIC



Top OF THE *tarts!*

These are some of our most requested sweet and savoury tarts from our abundant recipe library, for you to keep and make!

tomato and bocconcini tart

• Serves 4 • Takes 1 hr 45

FOR THE BASE
500ml (2 cups) cake flour
250ml (1 cup) Pecorino cheese, finely grated
150g cold butter, diced
5ml (1t) salt
1 egg, lightly beaten
15ml (1T) milk

FOR THE TOMATO CHUTNEY
500g baby Rosa tomatoes, halved lengthways
½ red onion, finely chopped
1 garlic clove, crushed
125ml (½ cup) firmly packed brown sugar
125ml (½ cup) white wine vinegar
3ml (½ t) thyme leaves

FOR THE MARINATED BOCCONCINI
250g Bocconcini cheese
handful basil, chopped + extra
125ml (½ cup) Bulgarian yoghurt
1 garlic clove, crushed
zest of 1 lemon

250g mixed tomatoes, halved

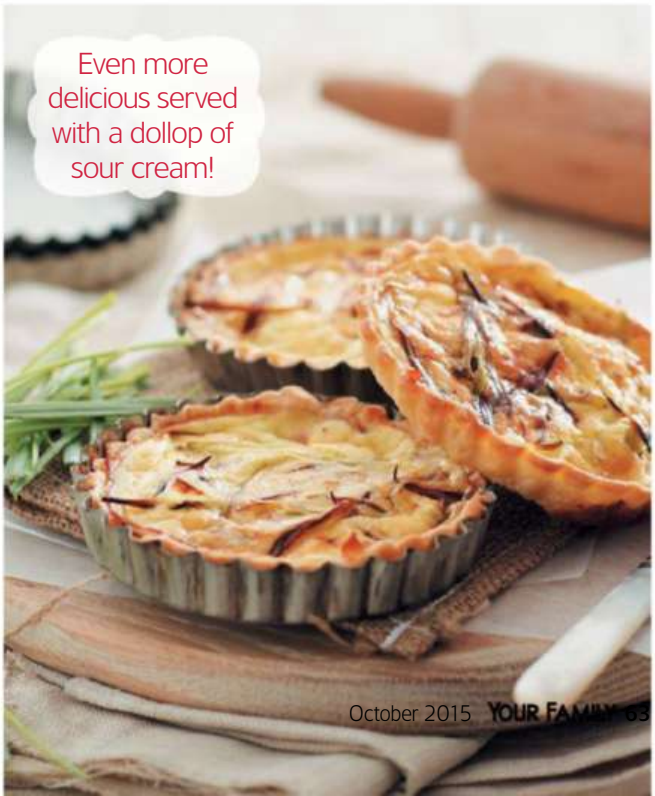
1 Preheat oven to 180°C. Grease a 32cm-diameter pie dish. For the tart base, place the flour, cheese, butter and salt in the bowl of a food processor and process for about 1-2 minutes until the mixture resembles fine breadcrumbs.
2 Add the egg and milk and process for about 2 minutes until the dough comes together. Shape into a disk, cover with plastic wrap and refrigerate for 30 minutes until firm.
3 For the chutney, heat all the ingredients in a saucepan on medium and bring to boil. Reduce heat to medium low and simmer, stirring occasionally, for about 25-30 minutes until the mixture begins to thicken. Season and allow to cool.
4 For the marinated Bocconcini, mix all the ingredients together and let it sit for at least 20 minutes.
5 Roll the pastry out between 2 sheets of baking paper into a 30cm-diameter circle. Line the base of the prepared pie dish with the pastry. Prick base all over with a fork. Scrunch up a large piece of baking paper and place it on top of the pastry. Fill with baking beans or weights, and bake for 15 minutes. Remove the paper and weights and cook for about 10 minutes until cooked through and golden.
6 Spread the chutney evenly over the base of the tart and top with tomatoes. Bake for about 5-10 minutes until the tomatoes start to blister. Lastly, top the tart with the marinated Bocconcini cheese and extra basil.

ham and leek quiche

• Makes 6 • Takes 1 hr 10

400g roll shortcrust pastry
30ml (2T) olive or avocado oil
1 leek, washed and sliced thinly
150g shaved smoked ham
4 eggs
80ml (⅓ cup) milk
60ml (¼ cup) grated Pecorino cheese
mixed salad leaves, to serve

1 Preheat oven to 200°C. Grease 6 x 10cm-diameter fluted tart tins with removable bases and line with pastry. Trim away the excess pastry and prick the bases with a fork. Line with scrunched baking paper and baking beans or weights. Bake for 15 minutes then remove from the oven. Remove baking paper and beans and bake for 5 minutes.
2 Heat the oil and sauté the leek. Season then set aside.
3 Add the leek and ham to the pastry cases. Whisk the eggs, milk and cheese together. Pour into the tarts. Bake for about 20 minutes until the filling is set and the pastry is golden brown. Serve with salad leaves.





tomato, basil and feta tarts

• Makes 6 • Takes 35 min

400g roll puff pastry, thawed
1 egg, beaten
60ml (¼ cup) caramelised onion or onion marmalade
250g cherry tomatoes, halved
1 small tub Danish Feta cheese, cut into small cubes
balsamic vinegar reduction, for drizzling
handful basil

1. Preheat oven to 200°C. Line a baking tray with baking paper.
2. Cut out 6 x 8cm rounds from the pastry. Place the rounds on the baking tray and lightly brush each one with egg.
3. Divide the onion between the centres of the pastry rounds, leaving 1cm border. Top with the tomatoes and a cube of cheese. Season.
4. Bake for about 20 minutes until golden around the edges. Drizzle with balsamic reduction and top with basil leaves.

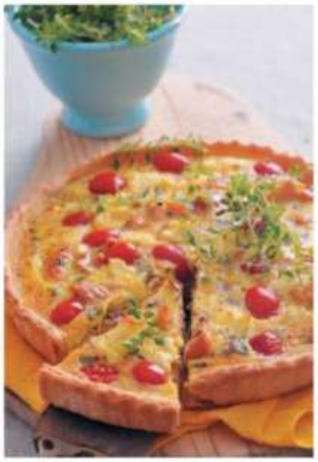


green tart

• Serves 4 • Takes 45 min

6 baby marrows
30ml (2T) basil pesto
250g (1 tub) chunky cottage cheese
4 eggs
60ml (¼ cup) pumpkin seeds
250ml (1 cup) Feta cheese, crumbled
125ml (½ cup) melted butter
8 sheets phyllo pastry
handful watercress, to serve

1. Preheat oven to 180°C. Grease an 18cm x 28cm loose-bottom pan.
2. Shave the baby marrows into ribbons using a vegetable peeler. Blanch the ribbons in boiling water for 30 seconds or until they begin to soften. Drain and cool.
3. Mix the pesto, cottage cheese and 3 of the eggs together. Season well.
4. Combine the baby marrow, pumpkin seeds, remaining egg and Feta cheese together. Season.
5. Brush 1 phyllo sheet with butter, place another on top, and repeat with the remaining phyllo. Line the prepared pan with the pastry. Spread the cottage cheese mixture over the phyllo. Top with the baby marrow mixture and bake for about 30 minutes until the phyllo is golden and the filling has set. Top with watercress before serving.



mediterranean salmon quiche

• Serves 4 • Takes 55 min

400g roll shortcrust pastry, thawed
210g tin salmon, drained
handful cherry tomatoes
125ml (½ cup) Feta cheese, crumbled
4 eggs
125ml (½ cup) cream
handful thyme

1. Preheat oven to 200°C. Use the pastry to line the base and sides of a 22cm-diameter quiche pan. Trim away the excess pastry, prick the base with a fork and line with scrunched baking paper and baking beans or weights. Keep in the fridge until firm.
2. Bake the pastry case for about 20 minutes until lightly golden. Remove the baking paper and beans. Reduce the oven temperature to 180°C.
3. Spread the salmon, tomatoes and Feta over the pastry.
4. Beat the eggs, cream and thyme together. Season and pour into the pastry case. Bake for about 20-25 minutes until set.



asparagus tart

• Serves 4 • Takes 40 min

400g roll puff pastry
250g tub Mascarpone cheese
30ml (2T) Dijon mustard
zest of 1 lemon
1 egg
16 asparagus tips
handful watercress

1. Preheat oven to 200°C. Line a 35cm x 12cm fluted rectangular tin with a springform with the puff pastry. Cut away all the overhanging pastry.
2. Mix the Mascarpone, mustard, zest and egg together. Fill the tart case with the mixture and bake for about 10-15 minutes until golden and puffed.
3. Blanch the asparagus tips in salted boiling water for 3 minutes, then drain. Allow to cool slightly.
4. Halve the asparagus tips lengthways and arrange on top of the tart in a neat row. Serve the tart slightly warm with ground black pepper and watercress.



caramelised beetroot tarts

• Makes 6 • Takes 45 min

70g butter, melted
125ml (½ cup) golden syrup
200g small beetroot, peeled and sliced into rings
400g roll puff pastry, thawed
handful rocket
100g goat's cheese

1. Preheat oven to 180°C. Heat the butter on medium high and add the syrup and beetroot slices. Cook for about 3-4 minutes until just caramelised. Remove from the heat and set aside to cool.
2. Cut out 6 x 9cm circles from the pastry. Lightly mark a line, 3cm in from the edge of each circle, taking care not to cut through the pastry. Lightly prick the inner circle using a fork.
3. Brush with remaining butter and top with beetroot. Bake for about 25-30 minutes until the pastry is puffed and golden.
4. Top the tarts with rocket and goat's cheese. Season and serve.



bacon, butternut and feta tart

• Serves 6 • Takes 55 min

400g shortcrust pastry

FOR THE FILLING
15ml (1T) sunflower oil
4 slices back bacon
250ml (1 cup) cream
2 eggs, plus 1 egg yolk, beaten
2 garlic cloves, crushed
small handful parsley, chopped
300g butternut, cubed and cooked
100g Feta cheese, crumbled

1. Preheat oven to 170°C. Grease and line a 23cm springform tart tin with the pastry. Prick the pastry base with a fork.
2. Line with scrunched baking paper and baking beans or weights, and bake for 15 minutes. Remove the paper and beans.
3. Heat the oil and cook the bacon until golden. Beat the cream into the beaten eggs, along with the garlic and parsley. Season.
4. Arrange the butternut, bacon and Feta in the tart case. Pour the egg mixture over and season. Bake for about 20-25 minutes until golden and just softly set. Remove and leave to cool slightly before serving.



salmon and asparagus tart

• Serves 4 • Takes 35 min

400g roll puff pastry
1 egg, beaten
15ml (1T) water
250ml (1 cup) sour cream
handful chives, chopped
2 handfuls asparagus tips, blanched
150g smoked salmon strips
handful watercress

1 Preheat oven to 200°C. Line a baking tray with baking paper. Place the pastry on the prepared baking tray. Use a knife to make a 1cm indent around the rim of the pastry. Mix the egg and water together and brush over the pastry. Bake for about 15-20 minutes until golden and puffed.
2 Mix the sour cream and chives together and season with black pepper. Press the inside of the pastry down slightly and spoon the sour cream inside the rim.
3 Pack the asparagus on top and add the salmon and watercress.



caramelised onion and mushroom tartlets

• Serves 6 • Takes 45 min

olive or avocado oil, for cooking
45ml (3T) butter
1 onion, thickly sliced
6 black mushrooms
400g roll puff pastry, thawed
125ml (½ cup) Mozzarella cheese, grated

FOR THE EGG WASH
1 egg yolk
15ml (1T) water

handful rocket

1 Heat the butter and a splash of oil on medium and fry the onion for about 20 minutes until caramelised, stirring occasionally. Season and allow to cool.
2 Preheat oven to 200°C. Place the mushrooms on a baking tray and drizzle with oil. Bake for 7 minutes. Drain off all the excess moisture.
3 Cut the pastry into 6 equal rectangles. Place on a greased baking tray. Use the back of a knife to make a lightly indented 1cm border around each rectangle.
4 Spoon a tablespoonful of caramelised onion (keeping some for serving) onto each of the pastries. Place a mushroom on top of each and sprinkle with cheese.
5 For the egg wash, mix the yolk and water together and brush over each pastry border. Bake for about 15 minutes until golden brown and puffed.
6 Serve with remaining caramelised onions and top with rocket.

YF TEST TEAM COMMENT

'The recipe came out really well! It's a great starter, because it's a mini meal in itself, and it's also vegetarian – bonus! Next time I'll try it with Gorgonzola instead of Mozzarella cheese,' says **Lauren McDiarmid,** from Berario. She's an avid cook and enjoys whipping up new and interesting dishes to share with her ever-grateful other half.





quick jam tarts

• Makes 12 • Takes 30 min

400g roll shortcrust pastry
30ml (2T) castor sugar
250ml (1 cup) strawberry jam
icing sugar, to serve

1 Preheat oven to 180°C. Grease a 12-hole standard muffin pan. Roll the pastry out slightly thinner on a lightly floured surface and cut out 12 x 5cm rounds (reserve pastry offcuts). Press the pastry circles into the muffin holes. Prick with a fork and sprinkle with castor sugar.
2 Bake for about 10 minutes until the pastry is slightly golden and cooked through. Roll the leftover pastry out to a 4mm thickness and cut out mini pastry hearts.
3 Fill each tart with strawberry jam and top with a pastry heart. Bake for about 8 minutes until the pastry hearts are cooked. Allow to cool before dusting with icing sugar.

chocolate and herb tart

• Makes 1 • Takes 55 min

125ml (½ cup) dark chocolate, chopped
30ml (2T) butter, cut into pieces + extra
500ml (2 cups) finely crushed chocolate cookies or oat biscuits
15ml (1T) thyme leaves
15ml (1T) rosemary, chopped
zest of ½ an orange

FOR THE FILLING
15ml (1T) orange marmalade
250ml (1 cup) cream
6 sprigs thyme + extra
2 sprigs rosemary + extra
zest of ½ an orange
250g white chocolate, chopped

1 Preheat oven to 180°C. Grease a 35cm x 12cm rectangular fluted tart tin. Place the chocolate and butter in a small microwave container and heat until melted, stirring occasionally. Add the cookie crumbs, herbs and orange zest. Blend in a food processor until it just starts to come together.
2 Press the mixture into the prepared tin and bake for about 15 minutes until set and lightly coloured. Cool completely.
3 For the filling, heat the marmalade in the microwave until slightly runny and brush the base of the tart shell with it.
4 Heat the cream, herbs and zest on medium and leave to infuse for 15 minutes. Strain the cream and heat it on medium high. Pour the hot cream over the chocolate in a mixing bowl. Leave for a few minutes, then whisk until smooth. Pour the chocolate mixture into the tart case. Set in the fridge for at least 2 hours.
5 Remove from fridge 5 minutes before serving and garnish with extra sprigs of thyme and rosemary.



variation **Make a dark chocolate and caramel tart by substituting the white chocolate with dark chocolate. Top the tart with dollops of Caramel Treat.**

zesty treacle tart

• Serves 8 • Takes 1 hr 20 min

FOR THE PASTRY
310ml (1¼ cups) cake flour
30ml (2T) icing sugar
pinch salt
125g butter
1 egg yolk
30ml (2T) cold water

FOR THE FILLING
180ml (¾ cup) fresh whole wheat breadcrumbs
375ml (1½ cups) golden syrup
zest of 2 lemons + extra
60ml (¼ cup) lemon juice
3ml (½ t) ground mixed spice

1 For the pastry, place the flour, icing sugar, salt and butter in the bowl of a food processor and process until it resembles fine breadcrumbs. Add the egg yolk and enough of the water while processing until the dough just starts to come together. Do not over mix. Shape into a round disk, cover with plastic wrap and place in the fridge to rest for 30 minutes.
2 Roll out the pastry to 4mm thick and line a 35cm x 12cm rectangular fluted tart tin with a removable base with the pastry. Trim away the excess dough, prick the base with a fork then place in the fridge for 30 minutes to rest.
3 Preheat oven to 200°C. Cover the pastry base with scrunched baking paper and fill with baking beans or weights. Bake for 15 minutes, remove the paper and beans, then bake for another 10 minutes until golden.
4 For the filling, sprinkle the breadcrumbs over the pastry base. Combine the syrup, lemon zest, juice and spice. Pour over the base. Bake for about 25 minutes until golden and almost set. Place aside to cool and set completely. Serve with extra lemon zest scattered over.





fresh fruit tartlets

• Serves 6 • Takes 1 hr

FOR THE PASTRY CASES
125ml (½ cup) cold butter, cut into cubes
340ml (1⅓ cups + 2t) cake flour, sifted
1 extra-large egg yolk
20ml (4t) ice water
5ml (1t) lemon juice

FOR THE FILLING
125ml (½ cup) smooth apricot jam, melted
500ml (2 cups) thick ready-made custard
seasonal fresh fruit (nectarines, strawberries or pears), thinly sliced

1 Preheat oven to 190°C. Cut 6 x 12cm baking paper squares.
2 Rub the butter into the flour until it resembles breadcrumbs. Make a well in the centre. Mix the egg yolk, water and lemon juice together and pour into the centre of the flour. Mix quickly to form a firm dough. Shape into a flat disk, cover with plastic wrap and place in the fridge to rest for 15 minutes.
3 Roll the pastry out on a lightly floured surface to 4mm thick. Line 6 x 12cm round fluted pastry tins with the pastry.
4 Prick the pastry bases with a fork. Scrunch each of the pieces of baking paper and place on top of the pastry. Weigh down with baking beans or weights and bake for 20 minutes. Remove the baking paper and beans, turn the oven down to 180°C and bake for another 5-10 minutes until golden brown and set.
5 Brush with some of the melted apricot jam and leave to cool in the tins.
6 Remove the tart cases from the tins and fill with custard. Place fruit slices on top and brush with the remaining jam (reheat jam if necessary).



mascarpone and berry tartlets

• Makes 12 • Takes 40 min

FOR THE PASTRY
110g butter
125ml (½ cup) castor sugar
1 egg
525ml (2 cups + 5t) cake flour

FOR THE FILLING
250g tub Mascarpone cheese
250g tub thick cream
1 vanilla pod, halved lengthwise (optional)
zest of 1 lemon
45ml (3T) honey
500g mixed berries like raspberries, strawberries and blueberries

1. Beat the butter and sugar together. Add the egg, while beating. Add the flour until a dough forms. Chill in the fridge for 1 hour.
2. Roll the dough out to 4mm thick and line twelve 7cm x 12cm heart-shaped tins or small tart tins. Chill in the fridge for about 30 minutes until firm.
3. Preheat oven to 180°C. Bake for about 20 minutes until cooked. Cool.
4. For the filling, mix the Mascarpone and cream together until smooth. Scrape the vanilla seeds from the pod (if using) and mix through with the zest and honey. Spoon into the tartlet cases and sprinkle with berries.

guava tarte tatin

• Makes 1 • Takes 1 hr 15

4 guavas, peeled and sliced in half
juice of ½ lemon
45ml (3T) castor sugar
60ml (¼ cup) brown sugar
90g butter, melted
400g roll puff pastry
crème fraîche, to serve

1. Preheat oven to 180°C. Grease a shallow 23cm round cake tin.
2. Place the guavas in a bowl and toss with the lemon juice and sugar.
3. Heat the brown sugar and 60g of the butter until it bubbles. Allow the mixture to caramelise. Add the guavas and cook for about 10 minutes, turning once. Remove the guavas from the pan and pack neatly into the cake tin, covering the fruit with any leftover syrup.
4. Roll the pastry out slightly and cut a circle the size of the cake tin. Cover the fruit with the pastry circle and brush with remaining butter.
5. Bake for about 30-45 minutes until the pastry turns golden brown. Remove from the oven and turn over onto a cake plate. Serve with crème fraîche.





pumpkin tart

• Makes 1 large tart • Takes 1 hr 20

FOR THE DOUGH
625ml (2½ cups) cake flour
3ml (½ t) salt
30ml (2T) castor sugar
225g butter, cubed
125ml (½ cup) water

FOR THE FILLING
3 eggs
500ml (2 cups) pumpkin purée
125ml (½ cup) cream
125ml (½ cup) brown sugar
5ml (1t) ground cinnamon
3ml (½ t) ground ginger
pinch salt

1. For the dough, combine the flour, salt and sugar in a food processor. Add the butter and blend until the mixture resembles breadcrumbs. Slowly pour in small amounts of water until the dough comes together. Shape into a flat disk and cover with plastic wrap. Refrigerate for 30 minutes.
2. For the filling, whisk the eggs together with all other filling ingredients. Preheat oven to 180°. Grease a 25cm springform tart tin.
3. Roll the dough out to 4mm thick and line the prepared tin. Line with scrunched baking paper and baking beans or weights. Bake for 10 minutes.
4. Remove from the oven and scoop in the pie filling. Bake for about 35-40 minutes until set.

quick tip **To make the pumpkin purée, boil or steam 500g pumpkin until tender. Blend in a food processor or mash until fairly smooth. Set aside.**



mini pineapple tarts

• Makes 6 • Takes 50 min

100g butter
125ml (½ cup) brown sugar
1 small pineapple, peeled and sliced thickly
400g roll puff pastry
1 egg yolk, lightly beaten
thick cream, to serve

1. Preheat oven to 200°C. Heat the butter and sugar on medium until melted.
2. Add the pineapple slices and cook for about 10 minutes until the slices are cooked but not too soft. Lift the slices from the sauce, draining off all the excess syrup.
3. Place the sugar syrup back on the heat and cook on low until it starts to caramelise. Remove from the heat and set aside.
4. Roll the pastry out on a lightly floured surface until 3mm thick. Cut 6 x 8cm pastry circles and place on a non-stick baking tray. Top each circle with a slice of pineapple and brush the pastry edges with egg.
5. Bake for about 20 minutes until puffed and golden. Drizzle with the remaining syrup and serve warm with a dollop of cream.



chocolate tarts

• Makes 8 • Takes 30 min

1 Bar-One chocolate, chopped
100g dark chocolate, roughly chopped
80ml (⅓ cup) cream
1 egg + 2 yolks
30ml (2T) castor sugar
8 ready-made sweet pastry cases

1. Preheat oven to 160°C. Divide the Bar-One between the pastry cases.
2. Heat the dark chocolate and cream on low for about 5 minutes until melted and smooth. Allow to cool for 5 minutes.
3. Beat the egg, yolks and castor sugar until light and fluffy. Add the cooled chocolate mixture and fold in until just combined.
4. Pour the chocolate mixture into the pastry cases and bake for about 15 minutes until just set. Allow the tarts to cool slightly before serving.

quick tip **For an icing-sugar heart, place a small heart-shaped cookie on top of a cooled tart. Dust heavily with icing sugar before serving.**

lemony curd meringue tartlets

• Makes 4 • Takes 40 min

400g roll shortcrust pastry

FOR THE LEMON CURD
125ml (½ cup) lemon juice
60ml (¼ cup) castor sugar
4 egg yolks
100g butter, chopped

FOR THE MERINGUE
3 egg whites
125ml (½ cup) castor sugar

1. Preheat oven to 180°C. Grease 4 x 10cm fluted tart tins. Roll the pastry out on a floured surface to 5mm thick. Place in the tins and trim away the excess pastry. Prick with a fork and line the pastry cases with scrunched baking paper filled with baking beans or weights.
2. Bake for 10 minutes, remove the paper and beans, then bake for about 5-10 minutes until the pastry is golden and cooked through.
3. For the lemon curd, whisk together the lemon juice, sugar and egg yolks and slowly add the butter. Place the mixture over a saucepan of simmering water, making sure the bowl doesn't touch the water. Cook, stirring often, for about 8 minutes until the curd thickens and coats the back of a spoon.
4. For the meringue topping, whisk the egg whites with an electric beater until foamy. Gradually add the sugar a tablespoonful at a time. Continue beating until glossy.
5. Divide the curd among the tartlet cases and pipe meringue onto each one. Bake for about 10 minutes until the meringue has coloured slightly and set.

Guilt-free pleasure

This chocolate cake is gluten free, low in carbs and light on sugar too!



chocolate cake

• Makes 1 cake • Takes 1 hr

750ml (3 cups) almond flour
60ml (¼ cup) whey powder
45ml (3T) cocoa powder
125ml (½ cup) cocoa nibs
10ml (2t) baking powder
5ml (1t) bicarbonate of soda
pinch salt
250ml (1 cup) sour cream
80ml (⅓ cup) xylitol
2 eggs
3ml (½ t) vanilla essence
100g 70% dark chocolate, melted

FOR THE ICING
80g butter, softened
200g cream cheese
125ml (½ cup) cream
5ml (1t) vanilla essence
45ml (3T) xylitol, finely ground
30ml (2T) cocoa powder
pinch ground cinnamon

1. Preheat oven to 160°C. Line 2 x 15cm diameter cake pans with baking paper. Mix together the almond flour, whey powder, cocoa powder, cocoa nibs, baking powder, bicarb and salt until well combined.
2. In a separate bowl, whisk together the sour cream, xylitol, eggs and vanilla. Add the sour cream mixture and melted chocolate to the dry ingredients and mix well. Divide the mixture into the cake pans and bake for about 35 minutes until a cake tester comes out clean.
3. For the icing, mix the butter, cream cheese, cream and vanilla until light and fluffy. Add the xylitol (grind it finely in a coffee or spice grinder), cocoa and cinnamon and mix until well combined. Layer the cooled cakes on top of each other, with the icing.

FEATURE: VICKIE DE BEER PHOTO: SALIE VAN HEERDEN
RECIPE EXTRACTED FROM *THE LOW CARB SOLUTION FOR DIABETICS* (QUIVERTREE) BY VICKIE DE BEER AND KATH MEGAW



We surprised Frith, the editorial director at *woman&home* magazine, with a mystery pantry basket! Go to yourfamily.co.za/whatsfordinner to watch the video and see what she made. For more meal inspiration, visit Whatsfordinner.co.za, Facebook: @w4dinner or Twitter: @whats4dinnerSA.





whatsfordinner? pantry basket

For the love of flavour

Frith, the editorial director at woman&home magazine, conquered the **whatsfordinner?** challenge. We love this summer salad she whipped up using **Knorr Italian Vinaigrette Salad Dressing**

Italian summer salad on a stick

• Serves 4 • Takes 40 min

Peel 8 small beetroots and toss them with 30ml olive oil, salt, pepper and a few thyme leaves. Roast them at 180°C until they're cooked and glossy. Leave to cool completely. Chop 80g walnuts and add them to a hot, dry saucepan. Stir continuously until fragrant, then add 30ml sugar and continue stirring until the sugar starts to melt. Shake the saucepan to coat the walnuts. Remove from the heat and allow to cool. Take 4 wooden skewers and thread 2 beetroot, 2 balls of Bocconcini cheese and some rocket leaves onto each. Place the skewers on a platter and serve with black olives, cherry tomatoes and thinly sliced radishes. Drizzle the skewers with **Knorr Italian Vinaigrette Salad Dressing** and sprinkle over the caramelised walnuts.

FLAVOUR IDEAS FROM KNORR

Knorr's range of salad dressings are delicious, versatile, come in 3 formats; Light, Creamy and Vinaigrette and are available in 15 tasty flavours. They're the perfect complement to any salad, adding extra flavour and creaminess. You can also use them instead of mayonnaise and sauces in other dishes. Try these tasty ideas to jazz up your meals:

- **Knorr Creamy 1000 Island Salad Dressing** is a great alternative to mayo. Try it on your sandwiches and salads.
- **Knorr Creamy Blue Cheese Salad Dressing** is a tangy dressing that adds bold flavour to savoury meals. Try it poured over grilled chicken breasts or even a steak.
- **Knorr Creamy Sweet Chilli Salad Dressing** goes well with meat, mushrooms and prawns. Drizzle it onto sandwiches or wraps, or over steamed vegetables to add some spicy spirit.

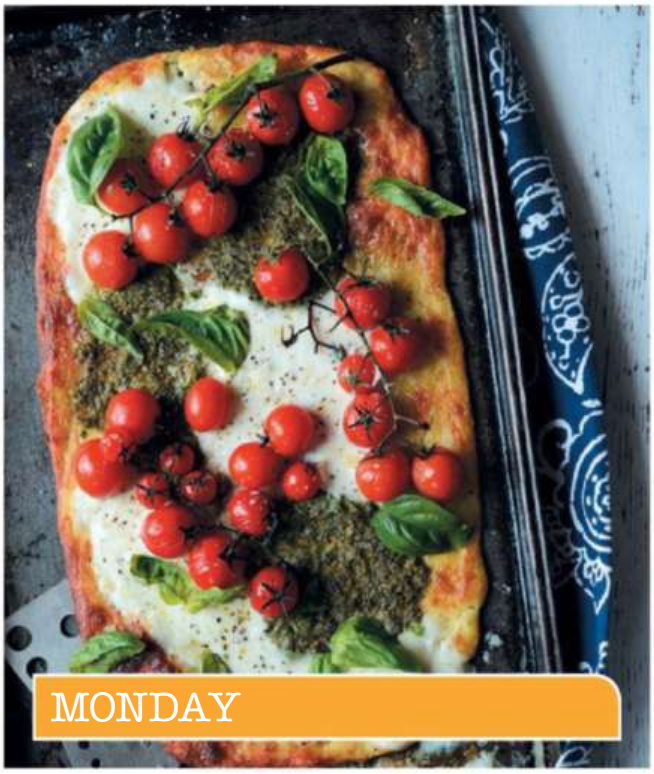
WATCH OUT FOR THE WHATSFORDINNER? TV SHOW! EVERY SATURDAY AT 7PM ON SABC 3 UNTIL 3 OCTOBER.

whatsfordinner?
available at Pick n Pay

YF80001015 PHOTOS: ANDILE MTHEMBU. MAKE-UP ARTIST: JANA LOUW. FOOD STYLIST: ANNA MONTALI
STYLIST: LINDA BEAN FASHION STYLIST: BRONWYN MOGRIDGE

The Banting way

Delicious low-carb, high-fat eating for the whole family



MONDAY

caprese low-carb pizza

• Serves 4 • Takes 20 min

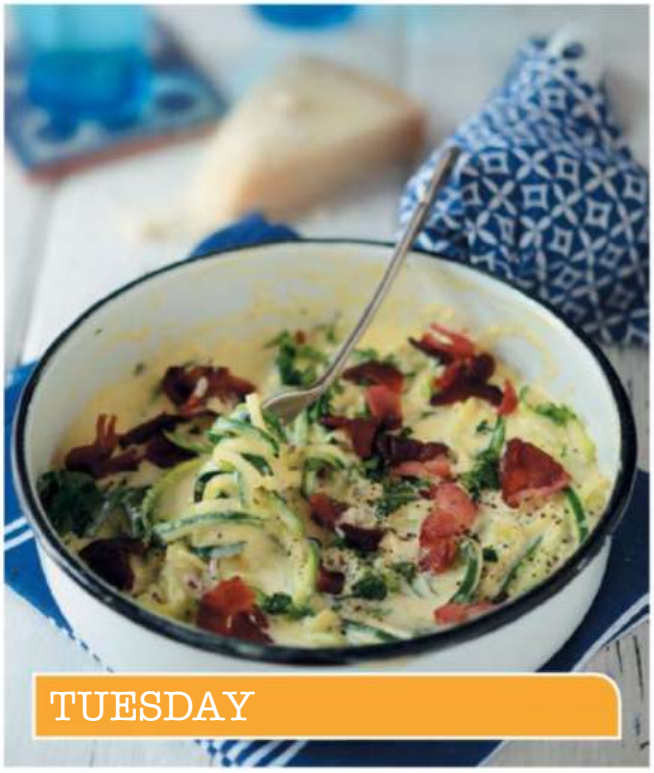
FOR THE BASE
140g Mozzarella cheese, grated
60g cream cheese
1 egg, lightly whisked
70g ground almonds
3ml salt

FOR THE TOPPING
125ml basil pesto
250g cherry tomatoes
125g soft Mozzarella cheese, torn into pieces
handful basil

1 Preheat oven to 200°C. Grease a large baking tray with butter. Place the Mozzarella cheese and cream cheese in a microwave-proof bowl. Microwave on full for 2 minutes, or until the cheese is completely melted. Add the egg, almonds and salt. Mix until well combined.

2 Place the dough on the greased baking tray and stretch until it forms a thin pizza base. Bake for about 6-7 minutes until lightly golden.

3 For the topping, spread the pesto on top of the pizza base. Add the tomatoes and cheese. Return to the oven for about 10 minutes until the cheese has melted. Top with basil just before serving.



TUESDAY

'pasta' carbonara

• Serves 4 • Takes 30 min

500g large baby marrows
30ml butter
250g streaky bacon, chopped
250ml cream
2 eggs
50g Pecorino cheese, grated
handful parsley, chopped

1 Bring a large saucepan of salted water to boil. Finely julienne the baby marrows (use a julienne peeler, available at kitchen shops, to speed things up). Blanch the baby marrow for 30 seconds. Drain and set aside.

2 Heat the butter on medium high. Add the bacon and fry until crispy. Remove from the pan and set aside.

3 Combine the cream, eggs and cheese. Season. Stir on low heat until the sauce starts to thicken. Toss the baby marrows through and crumble the bacon over. Serve with parsley.



thai red fish curry with cauli-rice

• Serves 4 • Takes 25 min

45ml olive or avocado oil
2 red onions, chopped
2 garlic cloves, crushed
60ml Thai red curry paste
400ml tin coconut cream
400ml cream
250g broccoli
250g green beans
800g white fish fillets, cut into large chunks

FOR THE CAULI-RICE
1 head cauliflower, cut into florets
30ml butter

juice of 2 limes
handful coriander, chopped

1 Heat the oil on medium high and sauté the onions, garlic and curry paste. Add the coconut cream and cream. Bring to a simmer then add the broccoli, green beans and fish. Cook, while stirring, for 6-8 minutes or until the fish is cooked through. Season.
2 For the cauli-rice, place the cauliflower in a food processor. Process until it forms roughs crumbs.
3 Heat the butter on medium. Add the cauliflower and fry for about 5 minutes until heated through.
4 Add the lime juice and coriander to the fish curry just before serving.

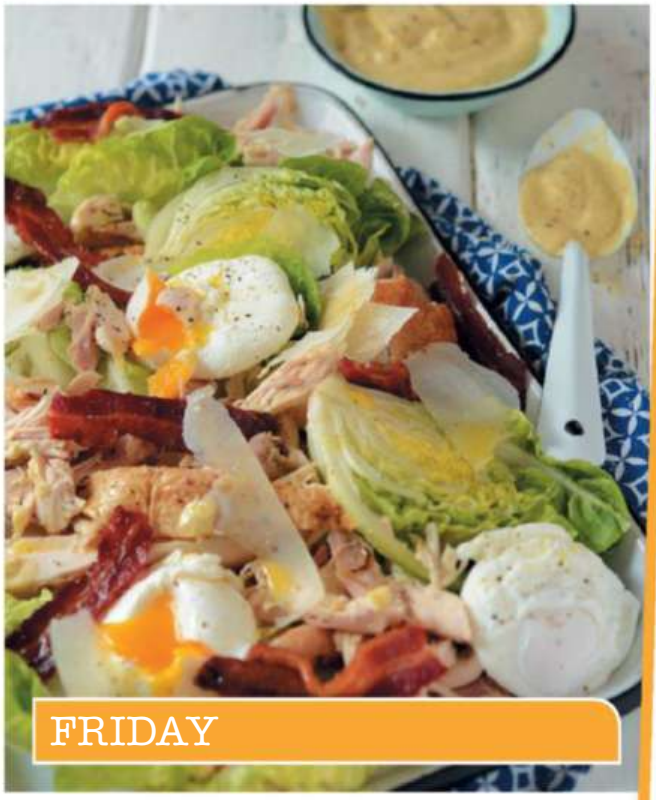


banting burger

• Serves 4 • Takes 30 min

1 egg
60ml full-cream yoghurt
5ml mustard powder
1 garlic clove, crushed
zest of 1 lemon
1kg beef mince
50g Feta cheese, crumbled
60ml olive or avocado oil
8 Portobello mushrooms
1 tomato, sliced
50g Cheddar cheese, sliced
handful rocket

1 Mix the egg and yoghurt until well combined. Add the mustard powder, garlic and zest.
2 Combine the mince and yoghurt mixture. Add the Feta, season, and mix thoroughly with your hands. Shape the mince into 4 balls and press flat with the palm of your hand to shape the patties.
3 Heat a griddle pan on high. Rub each patty with oil and grill for about 8 minutes on one side before carefully turning with a spatula, for another 8 minutes until cooked. Wait a bit longer before turning if they stick to the grill.
4 Season the mushrooms and drizzle with 15ml oil. Place under a heated grill for 7-8 minutes per side.
5 Place each patty on top of a mushroom, top with tomato, cheese and rocket, then with another mushroom.



FRIDAY

caesar salad

• Serves 4 • Takes 40 min

8 slices streaky bacon

FOR THE DRESSING
45ml crème fraîche
3 garlic cloves, crushed
6 drained anchovy fillets, finely chopped
15ml Dijon mustard
45ml lemon juice
20g Pecorino cheese, grated
180ml olive or avocado oil

200g cos lettuce
half a grilled chicken, shredded
30ml white wine vinegar
4 eggs

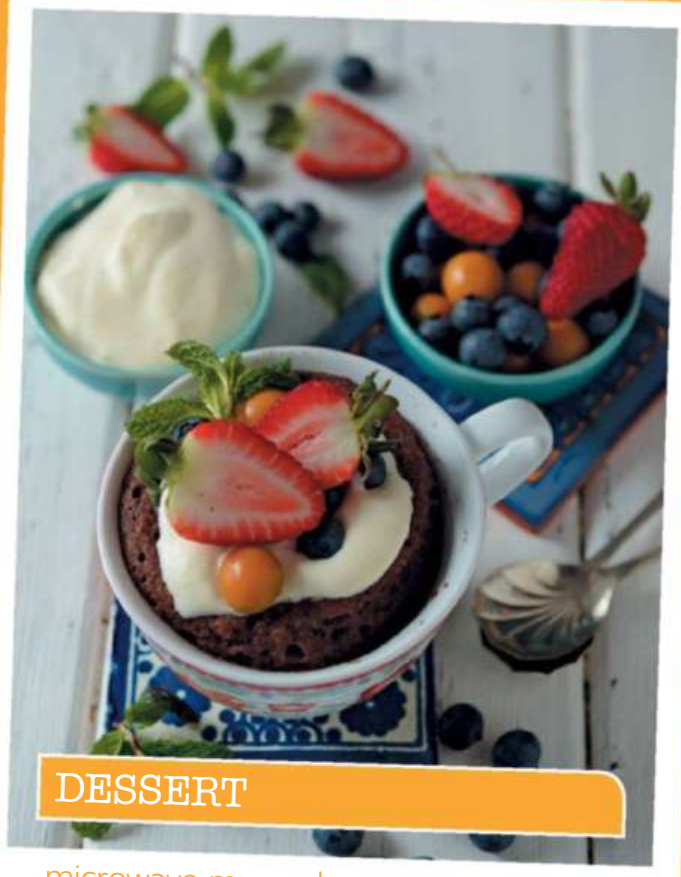
1 Preheat oven to 200°C. Place the bacon on a baking tray and roast for about 15 minutes until crispy. Set aside.

2 For the dressing, whisk together the crème fraîche, garlic, anchovy, mustard, lemon juice and cheese until smooth. Gradually whisk in the oil. Season.

3 Toss together the cos lettuce and chicken. Set aside.

4 Bring a medium-sized saucepan with water to a simmer and add the vinegar. Break each egg into a ramekin. Whisk the water to create a whirlpool and drop an egg into the middle of the saucepan. Lower the heat and leave the egg to cook for 2-3 minutes for a soft poached egg, or to your liking. Repeat with the remaining eggs. Remove from the water and drain on a clean kitchen cloth.

5 Divide the lettuce and chicken into 4 bowls, crumble over the bacon and serve with a poached egg and a drizzle of dressing.



DESSERT

microwave mug cake

• Serves 4 • Takes 10 min

50g butter, melted + extra
4 eggs
60ml water
60ml Greek yoghurt
5ml vanilla essence
10ml baking powder
45g coconut flour
40g ground almonds
60ml xylitol
5ml ground cinnamon
125ml whipped cream, to serve
100g fresh berries

1 Grease 4 x 250ml mugs with extra butter. Whisk all the ingredients, except the cream and berries, together until well combined.

2 Divide the mixture into the 4 mugs. Bake each mug for 2-2½ minutes in the microwave on 100% until a cake tester comes out clean.

3 Serve with whipped cream and berries.

FEATURE: VICKIE DE BEER ASSISTED BY JULIA VAN MAARSEVEEN
PHOTOS: SALIE VAN HEERDEN

WHAT MAKES FRUIT JUICE TASTE LIKE REAL FRUIT?

Fruit cells are the natural citrus fibres found in fruit that give it a flavour worth savouring.



CHILLED DESSERT OF THE MONTH

DIVINE intervention

Nutella spread, Oreo cookies, whipped cream... need we say more?

mini nutella cheesecakes

• Makes 5 • Takes 25 min

200g Oreo cookies, crushed
45ml (3T) butter, softened
50g hazelnuts, peeled, toasted and chopped
230g jar Nutella chocolate spread
230g tub cream cheese, softened
60ml (¼ cup) icing sugar, sifted
250ml (1 cup) cream

tip **We lined empty 410g tomato tins (tops and bottoms cut off) with acetate, leaving a 1cm overhang for easy removal. Or, make individual servings in glasses or in one 18cm square dish.**

1. Blitz the cookies, butter and half of the hazelnuts until the mixture starts to clump. Divide between 5 x 7cm lined ring moulds (see tip) and press in to form a firm base. Place in the fridge.
2. Beat the Nutella, cream cheese and sugar until combined. Divide on top of the biscuit base and smooth the tops. Chill for at least 3 hours until set.
3. Whip the cream to form soft peaks. Unmould the cheesecakes and spoon dollops of the cream on top. Sprinkle the remaining nuts over and serve.

FEATURE: NOMVUSELELO MNCUBE PHOTO: DYLAN SWART

MORE FRUIT CELLS

For even more of nature's goodness and flavour.



food NOTES

Margie rounds up the best kitchen staples





Go with your gut

Reach for Ryvita when you've been a little unkind to your digestive system to amp up your fibre intake. High fibre foods assist in maintaining a healthy weight, a well-functioning gut, and an overall sense of well-being. Ryvita comes in a variety of crispbreads like Dark Rye, Sesame Rye and Sunflower Seeds. R29.99 per pack.



HOME BAKED, THE BEST WAY!

The new-look Snowflake Easymixes are loaded with more freshness and flavour than ever before. Cut kitchen time with the same delicious home-baked taste and result, every time! The range includes Savoury Muffins, Pancakes, Flapjacks, Waffles, Seed Loaf, Muffins (Cappuccino, Chocolate, Vanilla, Bran or Chocomint), Scones, Shortbread Biscuits and Vanilla Cupcakes. From R10.99 per 500g pack.



WIN!

Ten lucky *Your Family* readers can each win a Snowflake hamper, including a range of Snowflake products and *The Ultimate Snowflake Collection* recipe book by Heilie Pienaar, worth R500! To enter, SMS the keyword 'BAKEOCT', with your full name, contact number, physical address and postal code, and ID number to 48412 (each SMS costs R1.50, errors will be billed. Free SMSs do not apply). Entries close 31 October 2015.



Golden goodness

Flora Gold is made in the same way as Flora Regular, but with added buttermilk to give it that extra special buttery taste. No compromise on health, just more delicious! It's high in Omega 3 and 6, trans-fat free and approved by the Heart and Stroke Foundation. Use it for cooking, frying, basting and topping. Available from leading retailers. Try our recipe...

baby marrow and mushroom crumbles

- Serves 4
- Takes 45 min

1 Preheat oven to 180°C. Heat 45ml **Flora Gold** on medium and sauté 4 medium **baby marrows**, sliced 5mm thick, 1 chopped **onion**, 125g sliced **mushroom** and 2 crushed **garlic cloves**. Season.

2 Take off the heat and stir in 125ml **cream** and 60ml **basil pesto**. Divide between 4 small dishes.

3 Melt 45ml **Flora Gold** and mix in 375ml fresh **breadcrumbs** and a small handful of **thyme** leaves. Season. Sprinkle over the dishes. Bake for about 25 minutes until golden. Serve immediately.



Need an on-the-go snack?

Then grab a Cecilia's Farm flatbar, mini-flatbar or snack-pack to munch on! They're great to pop into your handbag, lunchboxes, or even as a healthy alternative for kids' party packs. New snack-pack flavours include Cherries & Apple Chunks, Cranberries & Peach Chunks, Cherries & Cling Peach Chunks, Mango Chunks and Dried Fruit Danties. Order online at Ceciliasfarm.co.za



Kick-start your day

Oat lovers are in for a breakfast treat with Quaker Oats Heaps of Fruit. It contains real pieces of tasty fruit and the goodness of 100 percent wholegrain oats. Simply add milk, pop in the microwave, and in two minutes you'll have a yummy steaming bowl of oats! R44.99 per box.



COMPILED BY MARGIE ELS-BURGER PHOTOS:SUPPLIED

YOUR FAMILY creative space



THIS MONTH...

82 **CRAFT UPDATE** fresh ideas to fuel your creativity

84 **COVER PROJECT** make our beautiful tunic dress in a jiffy

88 **CRAFTS** one cushion five ways!

92 **DIY** turn a wooden pallet into a gorgeous coffee table

95 **CRAFT** quick repurposing projects

craft UPDATE

New ideas for your creative side

Crafter of the month



Become our crafter of the month and you could win an iloveyarn.co.za gift certificate. Simply email a high resolution pic of yourself and something creative you've made to yourfamily@caxton.co.za

iloveyarn

Super talented artist, designer and needlework guru Gail Bussi fills her days making handmade mice, designing and drawing. Dressed in vintage threads, Gail crafts adorable mice for clients. Gail also designed our inside back cover (page 129) this month for our readers to colour in! Follow her blog (Rosebudlane.blogspot.com), or to order a mouse catalogue, email rosebudlane@gmail.com

Star yarn

This month's star yarn is Pierrot Pont du Gard. This luxurious French linen is a Light Fingering to Fingering weight, and perfect for crocheting or knitting up light spring or summer garments. We think the colours are irresistible. Find them at iloveyarn.co.za, R96 for 172m (40g).



Are you a leftie?

Learning to crochet left-handed can leave you all thumbs when most tutorials are geared at right-handers. You'll now find our crochet series adapted for left-handed crafters on our new website. Visit Yourfamily.co.za to start your own manual and look out for new projects to add in the coming months.





Worth a visit!

Next time you're travelling along the West Coast, pop into 50 Something, the Syfert family's delightful wolwinkel in Vredenburg. '50 something opened in 2006, the year I turned 50,' says Selma. 'What was initially something to keep me busy has exploded into a thriving yarn shop that delivers 100 orders of wool and T-yarn countrywide every month. Every day clients come in to show us what they are creating: we believe *Alles wat lekker is kan mooi wees*. The shop is definitely our happy place: whenever things get too stressful, my daughter Anthea and I reach for a crochet hook and create something wonderful.'

Expect a riot of beautiful shades of crochet cottons, knitting wool and T-shirt yarns that'll inspire you to pick up your needles again.

Where: 12 Lang Street, Vredenburg, WC
Contact: 022 713 5559

COOL TOOL!



If you're into making pompoms for your crafts, you'll love a Nirvana Knitpro pompom maker! Buy yours online at Skapie.co.za for R74 (small) or R92 (large), excluding delivery.

PHOTOS: SUPPLIED



Made by Me

We have your arts & crafting needs to inspire your imagination.

#CNAmadebyme

CNA

your world inspired

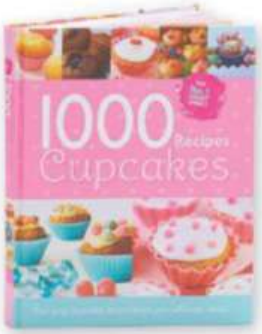


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LET'S SHOP ONLINE!

cna.co.za

Shift INTO this!

Cover project



Our cover project this month is our cover model's stunning shift dress

YOU WILL NEED

- ☐ 3m patterned fabric (non-stretch cotton blends)
- ☐ 60cm zip in matching colour
- ☐ cotton in matching colour

PATTERN PIECES

- ☐ FRONT cut 1 on fold
- ☐ BACK cut 2
- ☐ BACK FACING cut 2
- ☐ FRONT FACING cut 1 on fold
- ☐ SLEEVE cut 2

- ✣ Match up patterned fabric with front, back and sleeve pattern pieces.
- ✣ Mark all notches on the wrong side of the fabric.
- ✣ Dress length and sleeve length can be adjusted according to preference.

#YFmakethecover

Make this dress and you could win! Use this hashtag with your pic on any social media platform to enter.

TO MAKE

1. Stitch the darts on **FRONT(1).** Press downward.
2. Stitch 2 **BACK (2)** pieces together along centre back seam from bottom hem to where zip will end.
3. Pin **FRONT FACING (4)** to **FRONT (1)**, with right sides together and sew along neck line. Turn to the outside and press seam. For the v-neck cut the v on the **FRONT FACING (4)** and **FRONT (1)** pieces. Clip seam allowances to flatten.
4. Pin 2 **BACK FACINGS (3)** to either **BACK (2)** piece, with right sides together and sew along back neck line. Turn to the outside and press seam.
5. Pin **FRONT (1)** to **BACK (2)**, with right sides together, sew along shoulder and side seams.
6. Turn to the outside and press seams open.
7. Ease stitch the cap of the **SLEEVE (5)** between circle notches.
8. Pin right sides of **SLEEVE (5)** together and stitch along the side seam.
9. Turn up a 2cm hem on bottom of **SLEEVE** and stitch.
10. With dress and sleeve right side together, pin **SLEEVE (5)** into **ARMHOLE** edge matching the notches, underarm seams and shoulder seam. (The sleeve must slot into the armhole.) Adjust ease. Stitch all the way around. Press seam allowances flat. Turn seam allowances towards sleeve.
11. Pin zipper in place and stitch using a zipper foot.
12. Turn up hem length (depending on desired dress length) on lower edge of dress. Hand sew or machine sew all around. Press hem.
13. Topstitch around neckline and sleeves. Press.



notes

You can finish your seams with an overlocker, zig zag stitch or pinking shears.

DESIGN, PATTERN AND SEWING: ALISON LEE SISCHY-SMITH
PHTOS: DYLAN SWART MODEL: JULIANA OF ICE MODELS

Printable patterns

HOW TO best print and tile patterns to scale from Yourfamily.co.za

Printing and using YF patterns is easy when you follow these simple steps

1 Log on to Yourfamily.co.za and search for these instructions or click on Printables under Craft.

2 Select the pattern you want to make and download the PDF file.

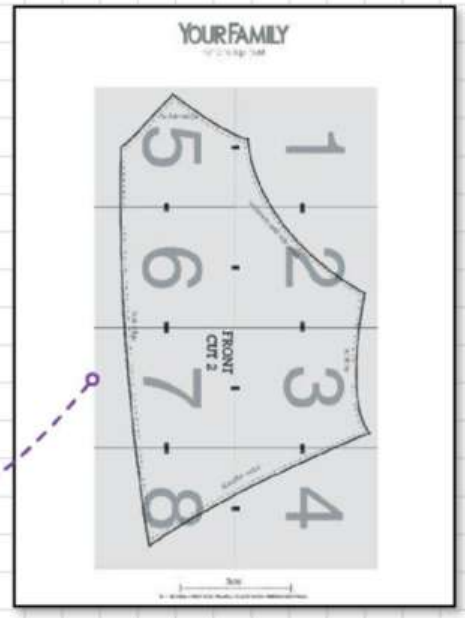
3 You'll need Adobe Acrobat Reader to view the PDF. The program is available to download free from Adobe at Get.adobe.com/reader/

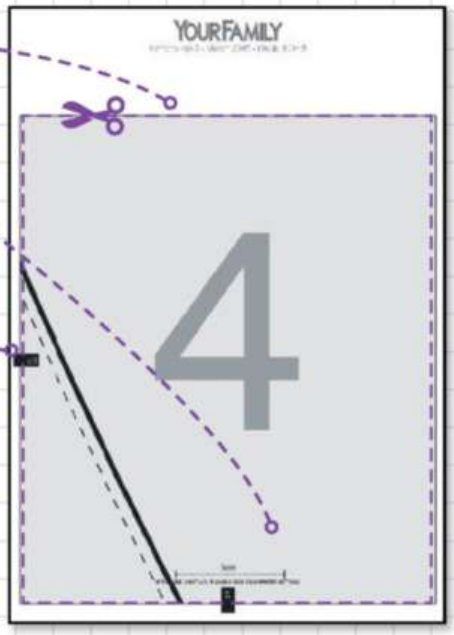
4 When you open the PDF, the first page after the instruction page (this page) will show the full pattern scaled down to indicate the tiles in a numbered sequence.

5 The subsequent pages in the PDF file are the individual, numbered pages of the pattern to be printed.

6 Once printed, the scale indicator must measure correctly for the pattern to be accurate. If the scale indicator doesn't measure 5cm on the print out, please check your settings and reprint!

7 To tile the printed A4 pages, cut out the grey box, match the x and y numbers that are in the small black boxes so that it resembles page 1 of the PDF. Use clear or double-sided tape to tile together the design, following the numbered sequence according to the scaled down pattern page.



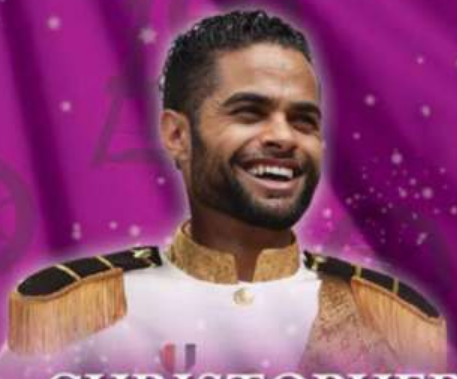


Take care not to resize the pattern while printing. DO NOT tick the 'Fit to printable area' option. This will change the size of your pattern and it will print out incorrectly. The scale line on the page must always measure 5cm exactly.

tip **Glue, or any other water-based means of sticking paper, may warp the paper.**

please note **While YF takes great care to ensure the patterns align perfectly, due to the unpredictable nature of home printers and their settings, there may be discrepancies. Your own judgement is key to having success with your creative projects.** YF

BERNARD JAY FOR JOBURG THEATRE PRESENTS



CHRISTOPHER JAFTHA
as Prince Harry Hunkador



TOBIE CRONJÉ
as Dame Nora Nursey



CANDIDA MOSOMA
as Good Fairy Floradora

JANICE HONEYMAN'S SLEEPING BEAUTY

The Pantomime of your Dreams!

MICHELLE BOTHA
as Wicked Fairy Khakibos





NICOLE FORTUIN
as Princess Aurora-Adora

featuring ART OF MOTION

and TIMOTHY MOLOI
as Sir Ponce-A-Lot



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How-to
on page 91
Download this template on Yourfamily.co.za

Drab to fab

One plain cushion was given five designer tweaks by our creative team. Pick your favourite and turn a so-so scatter into a showstopper

#YFmakes

Make these crafts and you could win! Use this hashtag with your pic on any social media platform to enter.

Skill rating
easy



RAINBOW TASSELS

The perfect project for leftover yarn or crochet cotton

YOU WILL NEED

- ☐ one plain cushion
- ☐ cotton or wool in an array of colours
- ☐ scissors
- ☐ a piece of stiff cardboard, 10cm wide
- ☐ matching thread

To make

1. Take some wool and wrap around the cardboard 20 times (fewer times for a floppy tassel, more times for a sturdy one).
2. Cut through the yarn at both ends. Use a small piece of yarn in the same colour to tie the lengths together at the 5cm mark.
3. Fold the yarn lengths in half to form a u-shape. Use another length of yarn to wrap around the head of the tassel.
4. To secure to the cushion loop, thread through the head of the tassel and sew to the cushion with a double stitch, snipping any visible ends off neatly.



SOFT GRUNGE

For a fun and edgy cushion, sew on buttons in a skull shape

YOU WILL NEED

- ☐ one plain cushion
- ☐ embroidery hoop
- ☐ scissors
- ☐ a basic skull outline
- ☐ a selection of buttons
- ☐ matching thread
- ☐ fading fabric marker pen
- ☐ thread in contrasting colours

To make

1. Using the embroidery hoop to hold the fabric taut across the area you'll be working on, copy the basic skull shape, eyes and nose shapes onto the material.
2. With the contrasting thread, sew around the marked shapes in running stitch.
3. Randomly position and sew your buttons within the skull shape, allowing the outlines to be broken by the buttons. We sewed about 4 or 5 buttons with each length of cotton. Remember to keep the eye and nose spaces clear.
4. Once all the gaps are filled, remove the embroidery hoop and press/steam out the creases.


Download this
template on
Yourfamily.co.za



RETRO TRIM

We're loving this comeback. Pompom trim comes in varying sizes and colours, and adds a playful touch!

YOU WILL NEED

- ☐ one plain scatter (without trim or piping)
- ☐ matching cotton
- ☐ pompom trim

To make

1. Measure how much trim you'll need by multiplying the lengths of your square cushion by 4 and adding on 5cm.
2. The trim has a band on one side, which you can sew into the seams of your cushion, or to save time you can simply sew along this band all along the edges.
3. Overlap neatly and secure with a strong stitch.

MOROCCAN STYLE

Some simple embroidery turns a plain cushion into classy decor

YOU WILL NEED

- ☐ one plain cushion
- ☐ embroidery thread in colour of your choice (we used Ecru)
- ☐ cushion template
- ☐ embroidery needles
- ☐ embroidery hoop
- ☐ sewing pen

To make

1. Trace the template onto the cushion with the sewing pen. Now cut down to the second line of the template, and carefully placing it in the correct position, trace around it too.
2. Using your thread, embroidery hoop and whatever stitch you desire – we used split stitch for a neat effect and smooth continuous line – stitch along the pattern.
3. Wash, dry and iron inside out to finish.

FELT ELLIES

A simple felt portrait for a nursery

YOU WILL NEED

- ☐ one plain cushion
- ☐ felt
- ☐ elephant template
- ☐ embroidery hoop
- ☐ embroidery floss in colour of your choice
- ☐ 3 buttons
- ☐ scissors
- ☐ sewing needle

To make

1. Trace the elephant template onto felt and cut out the shapes.
2. Use an embroidery hoop to keep your cushion cover taut. Pin the emephant shapes into place.
3. Using a needle and embroidery thread, baste stitch around the edges of the shapes.
4. Sew on buttons for eyes.

PHOTOS: DYLAN SWART STYLING: LINDA BEAN PROPS FROM CABBAGES AND ROSES, 011 447 5002 AND ROOM, 011 486 1313

Reinvent... with wheels

Scour demolition or builders yards for used pallets, and upcycle them to create a gorgeous coffee table







YOU WILL NEED

- ☐ 2 wooden pallets
- ☐ electric sander or sandpaper
- ☐ paintbrush
- ☐ undercoat for wood, and paint (see step 2)
- ☐ 4 castors
- ☐ screwdriver
- ☐ pencil (optional)
- ☐ black acrylic paint (optional)

To make

1. Sand the pallets using a sander or sandpaper (a sander will make this job much easier!).
2. Remove all dust from the pallet. Apply an undercoat and two coats of white paint, or paint straight away with chalk paint. To seal the chalk paint, it's advisable to use wax, which is applied to the surface, and allowed to dry before being buffed to a wipable finish.
3. Once completely dried, screw on the castors.
4. Optional: print out numbers, text or a pattern of your choice. Cut the letters out, leaving a reverse template. Trace onto the table using pencil. Paint inside the lettering using black paint.
5. Sand the wood and lettering down to give a worn look.
6. Style your new coffee table with items you love!

note **Steps 1 to 6 correspond to the step-by-step photos on page 94.**



#YFmakes

Make this craft and you could win! Use this hashtag with your pic on any social media platform to enter.


1

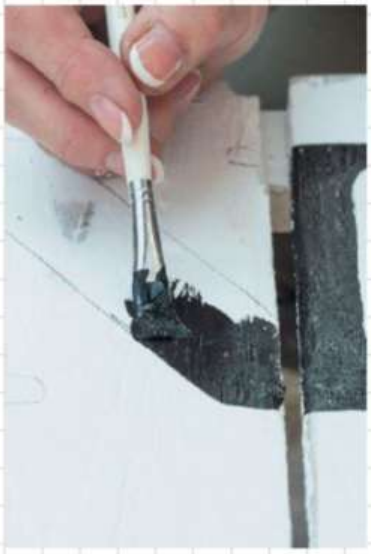

2


3


4








5



6

GET crafty!

Upcycling is easy and fun – whether you have minutes to spare or the whole weekend

REPURPOSED PILLOW CASE

TIME NEEDED
1 MINUTE

YOU WILL NEED

- ☐ spare pillowcase (standard size)
- ☐ 32cm embroidery hoop (available at fabric shops)
- ☐ hook or hanging loop

To make

1. Unscrew the embroidery hoop to remove the inner ring from the outer adjustable hoop.
2. Take your pillowcase's open end and working from inside the ring, fold the edges over the ring.
3. Return the inner ring to the adjustable hoop, and keeping the rings flush screw the outer ring closed. If the fabric is too thick you may need to cut out the envelope flap from the inside of the pillowcase.
4. To hang, loop the ring over an existing door hoop, or make a loop from a piece of wool or twine and tie around the screw.



REPURPOSED SHUTTER

YOU WILL NEED

- ☐ old louvre cupboard door or shutter
- ☐ cup hooks, large enough to hold your items securely

To make

1. Clean your shutter thoroughly and remove old fixtures, such as hinges and handles.
2. If you're painting the shutter, opt for a paint that doesn't require undercoating and priming (a painstaking job on an item like this), such as Annie Sloan™ Chalk Paint (visit Anniesloan.co.za for stockists).
3. Screw in your cup hooks at varying heights to accommodate the kitchen items you'd like to have on hand.
4. For safety sake, it's best to mount this door on a wall in the kitchen.



TIME NEEDED ±1 HOUR

REPURPOSED JEANS OTTOMAN

YOU WILL NEED

- ☐ existing ottoman in need of upholstering
- ☐ old jeans
- ☐ seam ripper
- ☐ sewing machine and matching topstitch thread
- ☐ denim machine needle

To make

1. Carefully measure the front and back of your ottoman, as well as the length from one side, over the top and including the other side (side/top/side). You'll have three sets of measurements. Add 3cm to each length and width for a 1.5cm seam allowance all round. This is your fabric requirement.
2. Make up your fabric by ripping the seams of your old jeans and cutting into straight strips of required length. Sew the strips together so that you form the fabric required from step 1. Trim if necessary.
3. Pin the front and back to correct position on your the larger piece (side/top/side). Sew all seams and hem along the bottom. Optional: cut a pocket as shown and sew onto one side to hold books or remotes.



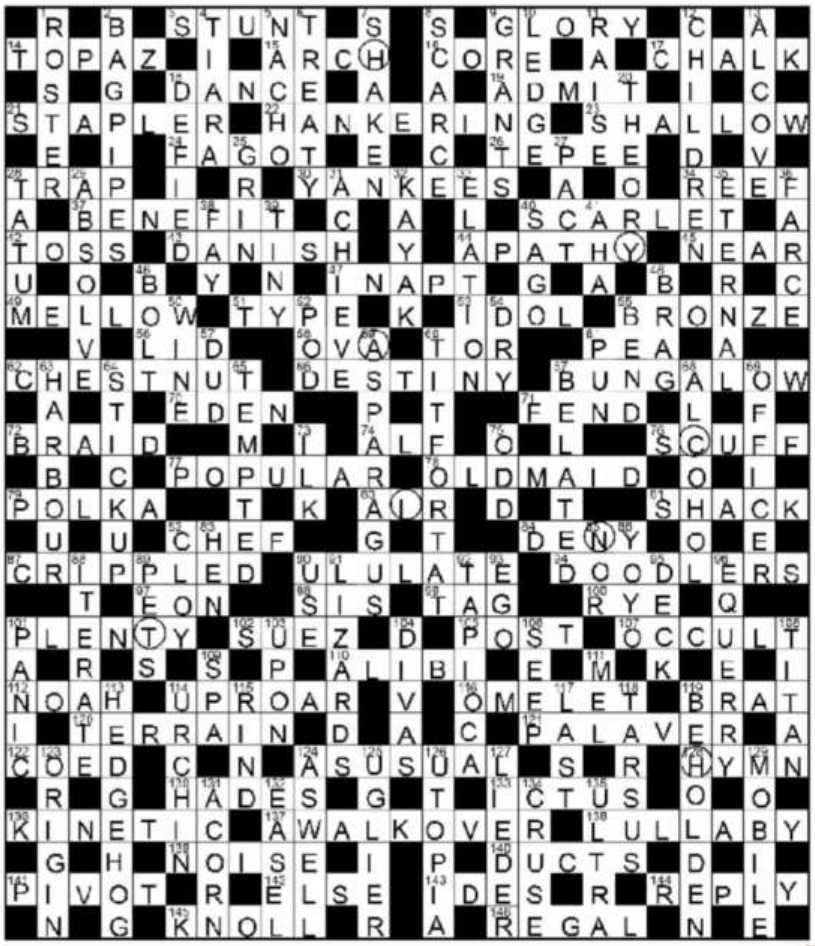
#YFmakes

Make these crafts and you could win! Use this hashtag with your pic on any social media platform to enter.

TIME NEEDED ±1 DAY

STYLED BY LINDA BEAN PHOTOS: DYLAN SWART

Solution to Jumbo Crossword No 207



(July 2015) Answer: Hyacinth
The winner of Jumbo crossword 207 is Dalene Coleman, Bethlehem

TERMS AND CONDITIONS

1 The judges' decision is final and no correspondence will be entered into. **2** Prizes are exactly as stated on the relevant page – they are not transferable and may not be exchanged for cash or any other product. **3** SMSes charged as stated on the relevant page. **4** State your name, phone number(s), ID number and full delivery address (including postal code) on each entry. **5** Winners will be notified telephonically and thereafter receive their prizes. **6** The competition is only open to readers in South Africa. **7** Staff of Caxton Magazines, the sponsor as well as their advertising agencies, and their immediate families may not enter. **8** Prizes awarded are the responsibility of the competition sponsors. *Your Family* cannot be held responsible in the event of any problems arising. **9** Prizes are valid for one year from the date of the issue they appear in and cannot be re-issued should they expire, or re-sent if they are returned. **10** While due care is taken to ensure accuracy, *Your Family* magazine is not liable for any errors in product listings or availability, pricing or any other information that was checked and has changed since the time of going to print. **11** Discounts and offers only available to subscribers with a South African postal address.

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Let's talk family



This month...

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122 Spot heatstroke in your pets, and find out everything you need to know about degenerative joint disease



What's so funny?

There was a time when I reigned as the smartest, funniest, most gorgeous woman in the world, reflects Kate Sidley...



You might not think this to look at me, but I used to be the funniest person alive. I played to an appreciative audience right here in my very own kitchen. My expressions were hilarious, my jokes were a scream. Physical comedy, sound effects, silly rhymes – all part of my repertoire. This one time, I put the oven glove on the dog's head and people laughed for days. Literally, days. Even months later someone would look at the oven glove or look at the dog, and have a bit of a laugh at the memory.

Sadly, I've lost the room. Oh, I get the odd snort, a bit of a titter at times, but nothing like the wholehearted hilarity I could once engender. In fact, I quite often get an eye-roll, or even a derisive groan in response to my witty repartee.

In addition to being hilarious, I was also wise. Anything you wanted to know, just ask me. People would ask my opinion on things all the time – does this look nice, is it going to be cold, do you think I should do my project on dolphins or elephants? They valued my insight into social dynamics, and the broader workings of the world. They were very impressed by the depth and breadth of my knowledge about, well, everything really.

They admired the clever way I could find things in the fridge, and work all the appliances.

> 'In addition to being hilarious, I was also wise. Anything you wanted to know, just ask me'

The fact that I knew the rules to so many card games and could make pancakes without a recipe confirmed that I was, in fact, a genius.

Apart from a brief period during the toddler years, the small people in my home didn't generally argue, correct or criticise my views. Nowadays, my voice is one of many, my view something to be considered and weighed against others, rather than automatically accepted.

I was popular, too. People wanted to sit next to me or even on me. When I went on an outing – even to Pick n Pay – they clamoured to come too. Furthermore, I was beautiful. Just lovely. I was naturally beautiful, of course, but if I put on a bit of lipstick and a frock for a party, people would gasp and swoon at my gorgeousness.

So what happened? My kids grew up. Don't get me wrong, they still love me. They spend time with me, but I'm often ditched for a better offer from a friend. I have many qualities that they admire and enjoy, but it's not the uncomplicated, unquestioning adoration that I enjoyed when they were 4 or 5. I have to work harder for their approval and their laughs, and compete with their peers for their time and attention.

I miss being universally regarded as a total hoot. It was lovely being a renowned know-all. It was wonderful to be loved and revered by my subjects. And once you've been the most beautiful woman in the world, the come-down is really quite hard I can tell you.

I imagine that it's rather like being an elderly ex-president of the United States. Whenever I see an ex-pres trailing around giving speeches no one listens to and opening things no one cares much about, I imagine him thinking, 'I was once the most powerful man in the world. People rose to their feet when I entered the room. I had kings and queens on speed dial. I had the nuclear codes, suckers!'

I know how the poor guy feels.

PHOTO: SUPPLIED ILLUSTRATION: DOLLAR PHOTO CLUB



4 tips to FOCUS a wandering mind

Most of us can't count to 10 without being distracted by thoughts of deadlines, shopping lists or dinner. Teach yourself to live in the present with these helpful tips...

According to Organichealth.co, new research into the brain suggests our inability to stay focused begins at a physical level. 'Your neurons can fire for a while with the energy they have in them, but not for long. After a dozen seconds, each needs more energy,' research psychologist Peter Killeen explains. If your neurons can't find lactate or glycogen, they get exhausted, enabling other parts of your brain to call for attention.

And, never mind missing out on what's going on around you, a wandering mind can be downright dangerous – like if you're thinking about what needs doing while you're driving, resulting in a failure to notice the traffic light changing to red.

1 Co-operate with your mental movements Acknowledge your finite window or attention span and structure your workflow accordingly. Peter Killeen advises to view work as a series of sprints – and to be our most productive and creative, we need to unplug throughout our workday. Learn to identify when you need a break and return to the task later. In the meantime, neurologists suggest tackling another task or reframing the original problem by taking a different approach. 'Free association is a catalyst of innovation,' says Stanford professor Tina Seelig.

2 Resist temptations This relates especially to digital distractions. When working on a computer, put your phone away or disable incoming message notifications, log out of Facebook, and commit to working for a set amount of time without stopping. Practise safety when driving by committing to not reading messages and only texting once you've reached your destination.

3 Be mindful Mindful.org maintains that when you notice yourself losing focus, you should say to yourself, 'My mind has wandered off again'. This very thought disengages your brain from where it has wandered to, and activates brain circuits that can help your attention get unstuck and return to the work at hand.

4 Get into the flow In a study conducted in the US, 2 250 iPhone users (aged 18-88, with an average age of 34) were surveyed by calling them at random moments and asking them what they were doing, what they were thinking about and what they were feeling. When subjects were paying full attention to what they were doing, they were more likely to report feeling happy. In fact, paying attention or not paying attention to what they were doing had more of an impact on reported happiness than the particular activity they were engaged in.

The ideal, then, even if you aren't particularly enamoured with the job at hand, is obviously to try to immerse yourself in it. When we work in a state of flow where we barely notice the passing of time or the outside world, we are much more focussed. Clear thinking and a calm state of mind is far better than feeling we're in an uncontrolled state of chaos.

COMPILED BY ANGIE SNYMAN ADDITIONAL SOURCE: TODAY.COM
PHOTO: DOLLAR PHOTO CLUB

The limits of control

No matter what the underlying reasons are, don't allow a controlling partner to hijack a would-be mature, loving and equal relationship



When your significant other's behaviour interferes with your well-being, it's usually a warning sign of a controlling partner. You might not realise you have a problem, although your friends and family may have noticed, or even brought it up in conversation. We all try to control our partner to some degree, wishing we could improve or change certain things about them. But, when this urge turns them into someone they're not, someone who manipulates other people to get what they want, there's definitely a problem.

Often they've endured hurt before, have been betrayed by someone they cared deeply for, or grew up within relationships exhibiting this behaviour as a standard. These are the seven signs to beware of…

1 Does he try to change you under the guise of trying to improve you? In reality though, he just wants to change you to better suit his needs. In all likelihood it's not only you, but everybody else he feels the need to be in control of, and if they don't fall in line, he'll try to demand them to do so.

2 Does he give you unconditional support? In a healthy, strong relationship, both partners encourage and support each other. If you find it's always all about him and he's too self-involved to notice when you're unhappy or have a problem, he'll probably never give you the backing you deserve.

3 Inconsistent 'rules' Be aware that he might be trying to control you – on purpose or even unintentionally – by having rules that apply to you, but not him. If you have to update him constantly on your whereabouts while he can disappear for hours on end, or he can question you about your friends on Facebook while he gets upset if you mention who he's friends with, it's not a fair situation.

4 It's never his fault A controlling partner will usually blame you for anything wrong with your relationship as, in his opinion, it's inconceivable that it could possibly be his. When you're deemed the only one who needs to change, finding a compromise isn't likely to happen.

5 Money, money, money Experts define two types of behaviour in a controlling partner's relationship towards finances. One won't assume any financial responsibility, while the other decides how every last cent will be managed, even if you've earned it and it concerns you both.

6 Family and friend disconnect Over time, and perhaps without you being fully aware of it, your partner may have isolated you from friends and/or family. This might be through active interference or resistance to your efforts to see them.

7 Physical/emotional abuse When your partner feels he's lost his trust in you, he'll start accusing you of different things and your fights might degenerate into physical altercations or emotional abuse in order to break you down to feel like you're not worthy of them, and therefore need them.

If you realise you're in a relationship where your partner cares more about control than mutual respect, love and support, take stock as to what you want from a relationship. Decide wisely as to who deserves to share it with you. You only have one life.

Are you a control freak?

Controlling people can be hard to live with – and it might take some honest introspection to realise that you could be one! If you believe almost always, your way's the best way, you live by rigid routines, obsessively insist that everything be returned to its place, and get annoyed or mad when things don't go to plan, here's an indication as to why you may feel like this...

Are you anxious? While some are controlling because they like power or feel entitled, for most controlling people it's all about anxiety.

> 'Often such people grew up in chaotic environments, or with anxious or even abusive parents. As children they walked on eggshells, looking over their shoulders. To cope, they became hyper-vigilant – always on alert, always anticipating problems'
> **– Psychologytoday.com**

Infinite planning, knowing what to expect, what others are doing, perfecting routines and knowing rules inside and out – or basically, having ultimate control, reduces their anxiety and makes their environment emotionally safer. And while controlling people usually don't see themselves as controlling, but rather as having common sense, being responsible, planning ahead or being helpful, their frustration comes in when what's so obvious and/or important to them isn't to those around them.

Are you self-critical? You're too hard on others and you beat yourself up as well.

Do you hate change? When you have a week planned out, do sudden changes and curveballs leave you emotionally derailed?

Do you crack under stress and in response become even more rigid, frustrated and try harder to micro-manage?

How to live with a controlling person

Give early warning of changes and 'plant the seed' of plans you might like to make for the weekend, early in the week, so he can readjust his own weekend plans and 'settle' emotionally.

Talk, don't argue Ask what he's worried about and what the worst case scenario might be. Rather than fighting about his behaviour, it's more constructive to help allay his fears.

Acknowledge it's his anxiety You'll feel less victimised and be better able to tolerate his possible condescension by saying to yourself (a lot) that his *anxiety* is the real problem.

Communicate If it's the unsolicited advice, feeling micro-managed or living in a science lab you can't take, try to have a mature discussion when you're both relaxed. Ask what worries him and try to formulate a plan for reasonable compromises.

Decide where to draw the line Think about how far you'll go to accommodate his quirks in being sensitive to his anxiety, rather than feeling like you're being treated like a child – and one with an unreasonable parent too. State your limits clearly and calmly.

Consider counselling if you can't get into the nitty gritty without reaching a stale mate. Even a few sessions might help resolve issues in a 'safer' environment.

COMPILED BY ANGIE SNYMAN ADDITIONAL SOURCES: ALLWOMENSTALK.COM & PSYCHOLOGYTODAY.COM PHOTOS: DOLLAR PHOTO CLUB

PINK for girls BLUE for boys?

Gender stereotyping is still rife in society, the classroom and even our homes. So, how do we raise our kids to be gender neutral?



South Africa has a shortage of school leavers choosing to pursue engineering at a tertiary level. There are a number of reasons for this, but one not often addressed publicly is the stereotype that boys are more suited to engineering. So how are parents and teachers silently (and subliminally) reinforcing this stereotype? The answer is simple. Most of us grew up in homes where the split of household chores depended on your gender. Even seemingly harmless talk around who cooks better, men or women, has roots in gender stereotyping.

Not every family supports gender roles; however, and at times, teachers are known to undo the work that parents start at home by undermining a child's desire to do or be more – or vice versa.

> The thought pattern is that women should be better cooks, because 'a woman's place is in the kitchen'

Jane is a bold and outspoken 7 year old. She's decided she wants to be an astronaut and was quick to tell her teacher when the class spoke about careers one day. Her female teacher, who'd probably been told the same thing herself at that age, laughed off Jane's aspirations. Jane sobbed as she told her dad about it that evening. Thankfully, he stood up for her telling the teacher Jane could be whatever she wanted to be. But how many other little girls wouldn't aspire to be more, because their teacher isn't encouraging them to be more, based on location, circumstance and gender? Child psychologist Ashley Jay says it happens more than we may want to believe.

In reality, this means the mother's job is never really done. Ashley adds that the more modern view of gender roles would suggest that both parental figures are responsible for daily tasks (at home or in the workplace). 'Both parents may have had a long day at the office or at home, but if both are home at night and contribute to helping the kids with their homework, making dinner, and getting the kids to sleep, this would serve to undermine any preference for certain genders having prerequisite job roles in the family.'

'It's often difficult to see outside a particular way of thinking, when your frame of reference has been moulded and conditioned for a long time, in your family unit and within the overriding societal structure you're brought up in.'

HELP BALANCE UP THE FUTURE

Hands-on exposure and a can-do attitude will encourage kids to enter fields without even considering gender. If your son's school offers Hospitality as a subject, approach it as you would any other. Watch *How it's made* on Discovery Channel with your daughter – it's fascinating! SA kids benefitting from programmes like Engenius by our Engineering Council, where male and female engineers go into schools to teach kids about the nine disciplines of engineering, will inspire both girls and boys to shape the future with solutions that affect us all. YF

FEATURE: ANGIE SNYMAN PHOTO: DOLLAR PHOTO CLUB



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Can you speed up your metabolism?

From green tea to red chillies and carb curfews – can anything really boost the speed at which our bodies burn kilojoules? We look at some common metabolism myths and separate the facts from fiction



We all have that friend who never exercises, eats whatever she wants and remains model thin. But is it down to her metabolism? And if so, are there any ways we can get ours working the same way? 'Actually, much of what we do to boost our metabolism and lose weight ends up working against us,' admits Zoe Harcombe, obesity researcher and author of *The Obesity Epidemic*. With that in mind, it's time to dispel the myths and uncover the truth.

An underactive thyroid slows your metabolism

TRUE The first conclusion many of us jump to after unexplained weight gain is problems with our thyroid – the gland that governs how much food we need to keep our bodies fuelled. 'If the thyroid is underactive, you'll suffer chronic fatigue, dry skin, loss of sex drive and low mood, plus weight gain or loss,' says Dr Toni Steer, nutritionalist at the Medical Research Council Human Nutrition Research Unit in Cambridge, United Kingdom. A simple blood test from your GP will confirm if your thyroid is functioning as well as it should be and, if not, the drug thyroxine may be prescribed. However, Dr Steer warns, 'An underactive thyroid only affects 2 percent of women and 0.1 percent of men, so if you have any of these symptoms, see your GP to rule out any other causes.'

Your friend eats all day, but stays slim – it's all down to genes

FALSE Forget blaming weight gain on your genetic make-up. 'In fact, overweight people often have a faster metabolism than slim people, because they need more energy just to keep their bodies moving,' says Dr Steer. 'Weight gain tends to be more about your perception of what we're eating or not eating.'

Often those who struggle with their weight underestimate portion size, whereas slimmer people may do the opposite. 'The best way to track your daily food intake is with a diary,' says Dr Steer. *Carbs & Cals & Protein & Fat* by Chris Cheyette and Yello Balolia provides visual guides to help you gauge healthy portion sizes. And websites such as Myfitnesspal.com have apps that can help you track your daily food intake on the move using an Android or iPhone.

Dieting actually slows down your metabolism

TRUE 'Very strict diets that forbid certain food groups put stress on your body, which halts the metabolism, causing your body to hang onto its fat reserves,' says Dr Tom Crisp, consultant sports physician at Bupa Health and Wellbeing. But not only can dieting interrupt the function of your metabolism, it can make you crave high-kilojoule food, too. Dr Tony Goldstone from Imperial College London explains, 'Our studies show that when we miss a meal, our brains crave high-kilojoule foods, like cake, over healthy foods, such as salad. This makes it harder to lose weight when you reduce your food intake, as your brain works against you.'

Scientists have known these facts for years. The Minnesota Starvation Experiment, conducted in the US in the 1950s, showed that the basal metabolic rate (BMR) of a group of 36 male volunteers dropped by 40 percent after they were put on a diet of 6888 kilojoules a day. Although the men lost an average of 25 percent of their original weight during the experiment, they became so obsessed with food that during the re-feeding phase, when meals were plentiful, their obsession led to binge eating. At the end of the year-long experiment, they all weighed an average of 10 percent more than they had at the start.

Your metabolism slows down with age

TRUE But not for the reasons you might think. Our metabolic rate slows as we get older due to natural changes in body composition. 'Even if a woman has weighed 55kg all her life, her body composition by her 60s will be totally different to the way it was in her 30s. She'll have more fat and less lean tissue, which means that her metabolism will be slower,' explains Dr Steer.

But a slower metabolism isn't to blame for that middle-aged spread. 'Women often say, "I'm doing and eating exactly the same, but none of my clothes fit!", but weight gain is more likely to be due to dwindling activity levels and an increase in food consumption than a slower metabolism,' says Dr Steer. Just an extra 420 kilojoules a day can add up to a weight gain of around 0.2kg, a month, which is almost 3kg every year.



'... if you exercise daily for 30 minutes, your resting metabolic rate will remain slightly elevated afterwards'

Only high-intensity exercise boosts your metabolic rate

FALSE We breathe harder during any exercise, which in turn increases the heart rate. This causes a demand for more energy, increasing our metabolic rate. 'Also, the greater your muscle mass, the higher your BMR,' says Dr Crisp. 'And if you exercise daily for 30 minutes, your resting metabolic rate will remain slightly elevated afterwards,' he adds.

The biggest misconception is that to increase your metabolism you need to run for an hour or take a high impact cardio exercise class. 'That's simply not the case,' says Mark Anthony, fitness guru and personal trainer. 'Whatever you do, it needs to be regular, so aim for three times a week, but make the strength work (such as using weights) the main focus. Then add in a session of low-impact but long-duration exercise, such as cycling or swimming.'

What you eat or drink affects your metabolism

FALSE You're not alone if you've glugged down mugs of green tea or sprinkled chilli on everything you eat. But do these tricks really work to boost the metabolism? 'They may temporarily speed it up, but the increase is very small – we're talking just a few kilojoules,' says Dr Steer.

But there's evidence that protein can help you lose the pounds. A new study from *Current Diabetes Reports* suggests eating 1.5-2g of protein per kilogram of body weight can reduce hunger, improve satiety and limit lean muscle loss during weight reduction. 'To lose weight we need to get the body burning its fat stores, not its glucose stores. The way to do this is by eating protein,' says Harcombe. 'Even before a workout, opt for protein over a glucose-laden banana or cereal bar, otherwise your body won't dip into its fat reserves; it'll just use the sugar you've given it. Lean meat or dairy are ideal – it's the best way to make your metabolism work to your advantage,' she says.

Eating carbohydrates in the evening makes you gain weight

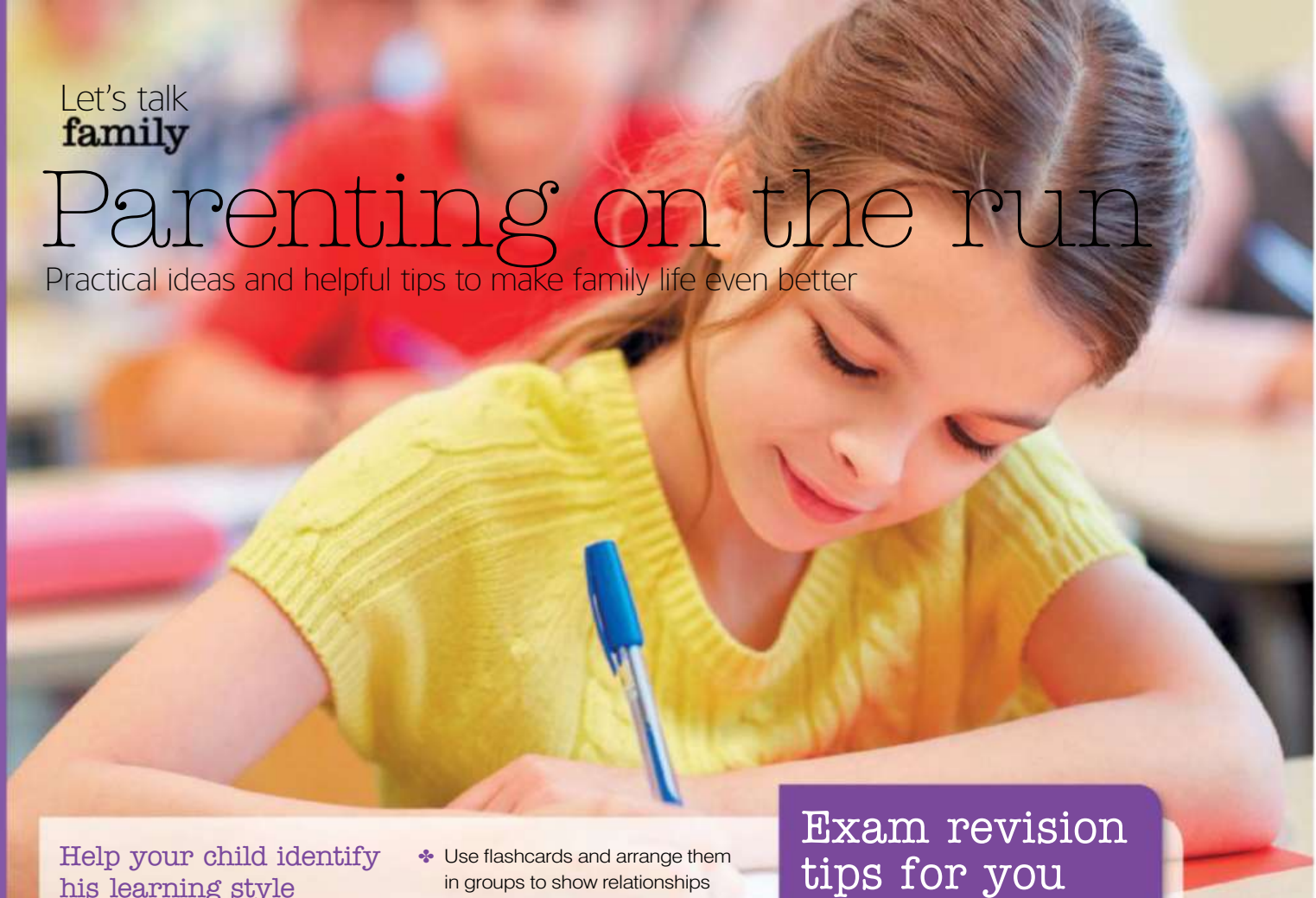
FALSE Books and diets galore advocate carb-free meals in the evenings, but the focus should always be on your overall kilojoule intake during the day. 'Extensive research has shown that eating carbohydrates in the evening doesn't have any effect on weight gain or loss,' confirms Dr Crisp.

Dr Steer agrees, 'It doesn't matter when you eat; it's all to do with how many kilojoules you consume within a particular period. If you need 7 560 kilojoules a day and you consume all that in one meal last thing at night, your body will use it over the next 24 hours. Ultimately, it's an excess of kilojoules that leads to weight gain.'

FEATURE: PAN MEDIA PHOTO: DOLLAR PHOTO CLUB

Parenting on the run

Practical ideas and helpful tips to make family life even better



Help your child identify his learning style

It's all very well for a child to rewrite notes into spider graphs if he has a visual style of learning, but what if he's more inclined to learn best through an auditory or tactile method? A self-assessment on Educationplanner.org could give an indication which learning approach is most effective for him, giving a percentage preference breakdown for the three types, e.g. he might be 50 percent auditory, 40 percent tactile, 10 percent visual (and that's pretty tough for him when school is a predominantly visual experience!)

Some advised study techniques are...

Tactile kids

- Chew gum, walk around or rock in a chair while studying or reading.
- Use flashcards and arrange them in groups to show relationships between ideas.
- Use 'finger spelling' to trace words to learn to spell them.

Auditory kids

- Make flashcards and read them out loud.
- Record yourself spelling words or reading study notes out loud, then play them back and listen.
- Practise having exam questions read to you out loud.

Visual kids

- Visualise things that you hear or are read to you.
- Use colour coding.
- Avoid distractions while studying.

tip **If your child struggles to study, a thorough assessment with an educational psychologist could help.**

Exam revision tips for you

Do

- ✔ Ask her what she wants help with.
- ✔ Be sure she knows you're present physically and emotionally.
- ✔ Encourage with praise and rewards.
- ✔ Help make her study area user friendly.

Don't

- ✔ Force her to revise with methods you think are best.
- ✔ Resist putting additional pressure on her.
- ✔ Compare her to how you were as a child by saying things like, 'I was so organised at your age...'

Brain power

Diet plays a significant role in staying mentally and physically fit. In addition, a supplement like Efamol Brain Concentrate Chewies for kids 4 years and up, contains high-strength, concentrated fish oil rich in Omega-3 fatty acids – a good source of DHA to support normal brain function and assist with learning, concentration and co-ordination. Find Efamol Brain Concentrate Berry Burst Chewies (R112.38 for 30) and other Efamol Omega combos for the family at Dis-Chem and independent pharmacies.



Global craze bounces into SA



Every child will love Bounce – a massive indoor arena of trampolines where people of all ages can spend an hour burning off a whole lot of energy! Leap from trampoline to trampoline in an energetic game of team dodgeball, experience bounce-assisted slam-dunking balls through hoops, run and jump into an enormous foam pit, bounce off cushioned walls or simply free-jump while being watched over by trained supervisors. All surfaces and springs are padded with circus-grade sponge. Call 011 517 2500 or visit Bounceinc.co.za to learn more about sessions offered, book a novel party or keep an eye on when Bounce will be springing up in Pretoria, Durban, PE and Cape Town.

Cute kids' buys...

Disposable placemats R125; table sets, R395 per set; and locally sourced and produced wall art from Moskitokids.co.za



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Free Friday Voucher

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Complete your details below to redeem this voucher at the door for MamaMagic Cape Town Expo ON FRIDAY ONLY

Full Name: _____

Tel / Cell: _____

Email: _____

Pregnancy Due date: _____

1st Child's Date of Birth: _____

2nd Child's Date of Birth: _____

Where do you live (area)? _____

NB. This voucher allows the bearer entrance to MamaMagic™, The Baby Expo and/ or the Barney™ shows for one day and/ or one performance (with a maximum of two children under 10 years free entry per voucher) on Friday 30 October 2015 only for the MamaMagic Cape Town expo. This voucher must be completed with your details to be redeemed at any Computicket outlet or at the ticket office at the expo. Normal ticket prices, of R60 per person, apply to visitors without this voucher. *Please note no photocopies will be accepted. See website for more information.

YF/CT/10/2015

Barney · Baby City · Pampers Premium Care · Stokke · BeSafe

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Be breast aware

Breast cancer is the most common female cancer, but it needn't be a death sentence, says Professor Justus Apffelstaedt, head of the Breast Clinic at Tygerberg Hospital. Early detection is vital and for this he advocates a proactive, three-step approach that includes:

- Monthly self-examinations of the breasts one week after your period ends
- A clinical breast exam by a breast health professional every three years from age 20 to 39, then every year from age 40
- A mammogram each time you have the above check done, as mammograms are the best method for early detection of breast cancer

Signs to look out for include lumps of any size or thickening of the breast tissue; changes in the shape of the breast, persistent discomfort, and discharge from the nipple that's not associated with pregnancy or breastfeeding.

For more information on breast cancer, visit Cansa.org.za

Tempted to detox? Read on...

You've hibernated all winter and are considering a detox to revitalise and re-energise; after all, it's meant to be the ultimate health and beauty boost. Or is it? Not according to Sue Scharf of NHC Health Centres (Nhcltd.com). 'The truth is that your body is already an expert at eliminating toxic substances from your system (unless the liver or kidneys have failed) – no matter what you eat or drink. Those following a fad detox diet often report horrible symptoms – low energy levels, low blood sugar, feeling dizzy and light-headed, headaches, nausea, hunger and weakness. None of these symptoms are good! Short-term detox diets can be damaging and energy depleting. Carried out for longer periods, they have potentially serious consequences. Her advice? Rather get your body healthy and 'clean' by making better food choices throughout the day, drinking plenty of water and exercising consistently.



Always remember to apply sunscreen 15 minutes before sun exposure outside

Naturally good

Daily sunscreen use is vital, but if you're concerned about irritants or chemicals being absorbed through the skin, opt for a natural brand. Badger's certified organic and natural sunscreens provide safe, broad spectrum protection with the mineral zinc oxide as its only active ingredient. Other components include plant oils, aloe and beeswax. There are lovely face-specific sunscreens with anti-ageing properties, dedicated kids' products plus a great water-resistant option for sports enthusiasts. Priced from R229. Buy online at Naturescolours.com or Wellnesswarehouse.com





Bounce your way to health

Let's face it, gym can be a chore and the weather isn't always conducive to a walk or run. One solution: rebounding – our favourite form of cardiovascular fun! It's so simple to do (jumping on a mini trampoline feels like child's play) and the health benefits are enormous: just a few minutes a day will help to flush the lymphatic system, boost immunity and raise energy levels. Rebounding also oxygenates the blood, strengthens the muscle fibres, promotes tissue repair and improves mental clarity and mood. It can also assist with toning and weight loss. A word of caution though: not all rebounders are created equal and cheap versions can jar your joints and skeletal system. Rebound SA offers good quality rebounders with excellent bounce and stability; their units can accommodate heavier participants too (up to 130kg). Prices start at R950. Call 011 682 3584 or visit Reboundsa.co.za for details.

One minute to instant calm

The next time you feel overwhelmed or anxious, try this simple 4-7-8 breathing technique from American holistic health specialist, Dr Andrew Weil. It takes just one minute to do and helps to calm the body and mind. To begin, sit or stand with your back straight. Place the tip of your tongue just behind your upper front teeth and keep it there until done. You'll be exhaling through your mouth around your tongue – purse your lips if that feels easier. Then follow the easy steps below:

- ✔ Exhale completely through your mouth, making a 'whoosh' sound.
- ✔ Close your mouth and inhale quietly through your nose for a mental count of four.
- ✔ Hold your breath for a count of seven.
- ✔ Exhale completely through your mouth, again making a 'whoosh' sound, to a count of eight.
- ✔ This is one breath. Now inhale again and repeat the cycle three more times to a total of four breaths.
- ✔ This breathing technique can also promote better sleep, so try it before bed. For best results, practice twice daily. It's a fabulous mini-meditation!

Beat the bloat

If you battle with bloating, take note of these tips from Gabi Heyes of the College of Natural Health. You'll achieve a flatter stomach and feel lighter in no time:

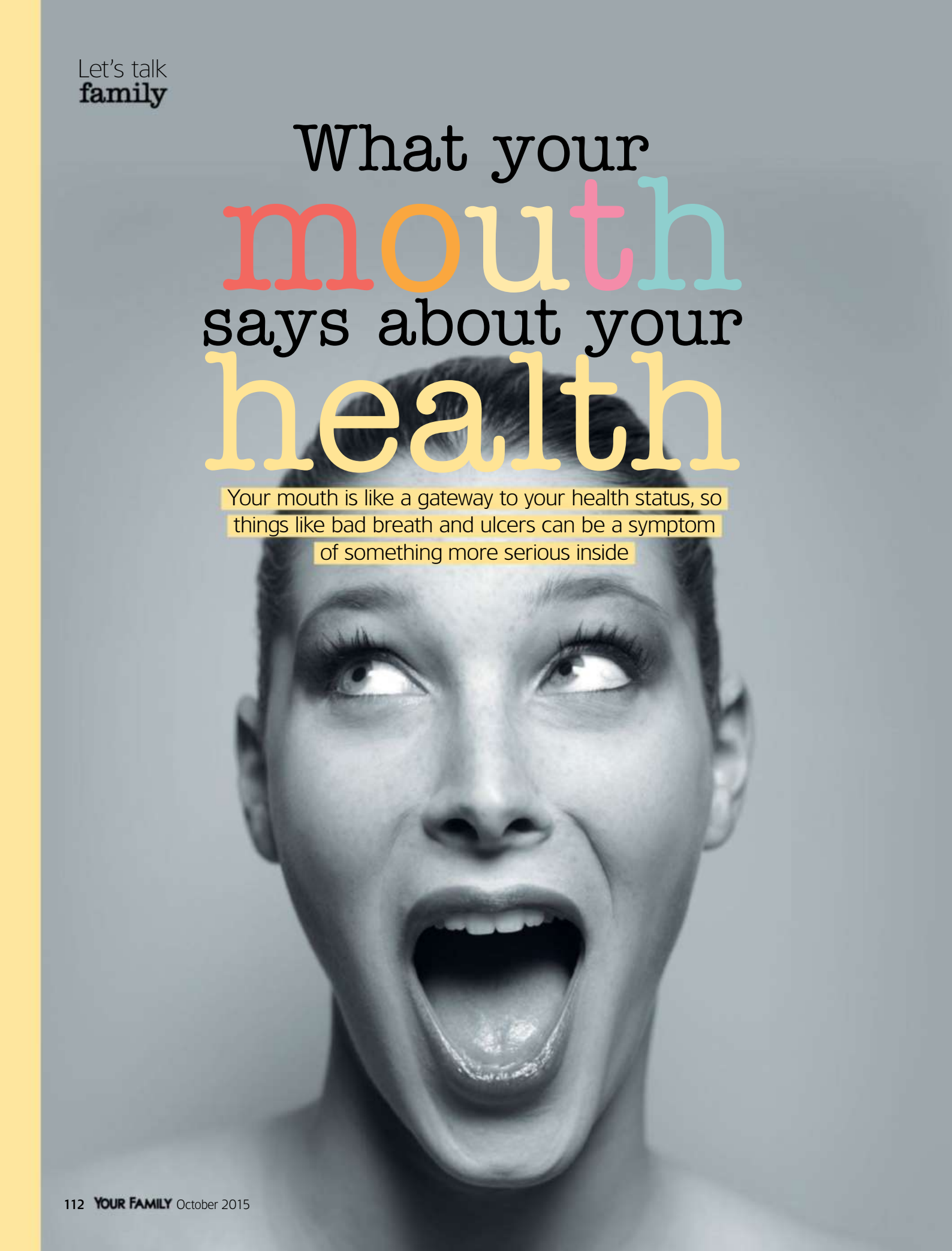
- ✔ Ideally, the bowel should open after every main meal. To help this happen, soak a tablespoon of flax seeds or psyllium husks overnight in a glass of water, and drink first thing in the morning.
- ✔ Aim to consume eight glasses of water a day and minimise tea, coffee and alcohol, all of which contribute to dehydration. Herbal and Rooibos teas are fine to drink though.
- ✔ Drink a glass of water half an hour before meals to help to create digestive enzymes to break down food. A lack of enzymes can cause food to ferment in your gut, which causes gas.
- ✔ Stress lowers digestive capacity, so try not to eat on the run or at your office desk.
- ✔ If you wake up with a flat tummy that bloats as the day progresses, it's likely to be the food you're eating. Chat to a naturopath about a food sensitivity test.
- ✔ If you wake with wind, eat dinner much earlier. Don't mix carbohydrates with protein (that includes eating roasted veggies with meat) and consider separating your meal into smaller, more frequent sittings. If possible, don't eat within three hours of bedtime.
- ✔ Avoid the overuse of spices and eliminate fizzy drinks. Also cut back on sugar and processed foods.
- ✔ Chew your food thoroughly before swallowing.
- ✔ Get expert advice on using probiotics to restore friendly gut bacteria; also on digestive enzymes and hydrochloric acid to help break down proteins, fats and carbohydrates.



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PRODUCTS AND PRICES WERE CHECKED AT THE TIME OF GOING TO PRINT* SEE PAGE 98

What your mouth says about your health

Your mouth is like a gateway to your health status, so things like bad breath and ulcers can be a symptom of something more serious inside



Canker sores/ mouth ulcers

are small lesions, with a white or greyish base that appear on the tongue, the soft side of the palate or inside the cheeks. They can either show up in pairs or in greater numbers, making it difficult to eat and talk. Although their exact cause is unknown, health professionals believe that stress or tissue injury could be the cause of an outbreak. Other possible causes include citrus or acidic fruit, a sharp tooth surface, braces or dentures that don't fit properly. Some cases can be the result of a an underlying health condition, such as an impaired immune system; a deficiency of Vitamin B-12, zinc, folic acid, or iron; celiac disease or Crohn's disease.

Cold sores/ fever blisters,

caused by the herpes simplex virus (HSV-1 and HSV-2), are filled with an infectious fluid and show up on or around your lips. Cold sores generally show up before you get the flu or during times of high stress. Pain around your mouth and on your lips, a fever, sore throat, or swollen glands in your neck or other parts of the body are some of the first signs that you may experience with cold sores. If the sores occur regularly, you might need to consult a doctor who will put you on a course of antiviral medication.

Oral thrush

is an infection caused by the candida fungus. A common sign is the presence of creamy white, slightly raised lesions in your mouth – usually on the tongue or inner cheeks, but sometimes on the roof of the mouth, gums, tonsils, or back of the throat. The lesions, which may look like cottage cheese, can be painful and possibly bleed slightly when you scrape them or brush your teeth. In severe cases, the lesions may spread into your oesophagus, causing pain or difficulty swallowing. If not treated in time, thrush can spread to other parts of the body, including the lungs, liver, and skin. This happens more often in people with cancer, HIV, or other conditions that weaken the immune system. Medication such as corticosteroids, antibiotics and contraceptive pills are also likely to increase the chances of a candida infection.

Abscesses

in the mouth form in the gums, teeth or roots of teeth. Bacteria can enter and cause an abscess in several ways, including through food or debris embedded deep in the gum, decay or a cavity that leads into the tooth nerve and blood vessel, or through a deep gap between the teeth and gums. If you have a lowered resistance to infection, you'll have an increased risk of developing an abscess. One of the first symptoms of an abscess is a toothache, which can be severe. The tooth's nerve also can become infected. If the infection spreads through to the gum, it can form a boil. This has to be drained as leaving it could cause the infection to spread to other areas.

Halitosis,

or bad breath, is a common problem that many people suffer from. This could be due to simple things like your diet, poor oral hygiene and smoking. However, other diseases and illnesses may also be behind it, such as respiratory tract infections (pneumonia or bronchitis), chronic sinus infections, postnasal drip, diabetes, chronic acid reflux, and liver or kidney problems. If you have halitosis, and it isn't due to illness, it's time to rethink your oral hygiene. Apart from brushing, flossing and avoiding sugary food, the next time you visit your dentist, ask about the Air-lift range of products that fights bad breath in a natural and effective way. Made from a combination of extra virgin olive oil, xylitol and fluoride, the products are designed to fight bad breath, reduce plaque and improve gum health. Try Air-lift spray, R67.88, or Air-lift capsules, R106.61, available from dentists and leading pharmacies.

Tip top oral health

- ✔ Clean in between your teeth using interdental brushes or floss. This helps to clean more of the tooth and prevent the build-up of plaque.
- ✔ A diet rich in vitamins, minerals, and fresh fruit and vegetables can help to prevent gum disease.
- ✔ A glass of water is the best drink to give your child after eating sugary foods.
- ✔ If you have a sweet tooth, look for sugar-free sweets. Those containing xylitol can help to reduce tooth decay.
- ✔ Dilute fruit juice with water and rinse your mouth with water after drinking.

COMPILED BY TRISHA HARINATH ADDITIONAL SOURCE: NATIONALSMILEMONTH.ORG PHOTOS: DOLLAR PHOTO CLUB PRODUCTS AND PRICES WERE CHECKED AT THE TIME OF GOING TO PRINT* SEE PAGE 98

Help your kids see why other kids need to wear glasses

As long as kids with prescription glasses fear being bullied, looking different, and there's a lack of knowledge about the importance of wearing glasses, they'll be inclined not to wear them. Non-profit organisation Orbis Africa aims to bring about social change around this stigma.

Refractive errors (RE) are the most common cause of avoidable visual impairment in children. But benefits of visual aids, which are means for correcting RE, depend on the compliance of kids to wear their glasses

Moms and teachers can help change perceptions by…

- ✔ Encouraging wearing glasses at home and school.
- ✔ Speaking to kids about the stigma of wearing glasses and encouraging empathy for the problems these children face. Teach that it's unacceptable to ridicule kids wearing glasses.
- ✔ Educate kids about the importance of needing to wear glasses to correct eyesight and even reduce preventable and treatable blindness.

Visit Orbis.org.za to learn about the organisation's Saving Sight in Africa drive, which primarily focuses on children.



Suncare is essential, even on oily skin



We all know putting on sunscreen is a schlep, and even more so if you fear break-outs from overly rich, pore-clogging sun cream. But oily, acne-prone skin is particularly susceptible to sun damage, especially if you're on prescription medication for acne.

'Although many people feel their blemishes heal better and faster with UV rays, the effect is short-lived,' says Anette Bürger, who's involved in research and development at Eucerin.

Research shows that UV rays can stimulate skin cells, thereby sending oil production into overdrive and resulting in blemishes, which are more likely to cause dark marks and pigmentation.

New Eucerin® Sun Gel-Creme Oil Control Dry Touch Face SPF50+ has an ultra-light texture that allows it to melt quickly into the skin, without leaving any sticky white residue. It contains the highest UVA/UVB protective filters, as well as biological cell protection for excellent protection against sunburn and sun-induced damage.

In addition, it contains oil-control technology for an immediate and long-lasting dry matt finish, and it's non-comedogenic – meaning it won't cause spots by blocking pores. Its efficacy and skin tolerability has been proven in clinical and dermatological studies.

TESTICULAR CANCER Teens are at risk too

Dr Johan Venter, a urologist at Netcare Pretoria East Hospital, says South Africans tend to have a better awareness of the more common cancers, such as prostate and breast cancer, than they have of testicular cancer. Although it's relatively rare, it's one of the most common cancers in men between 15 and 35, and one wouldn't expect younger men, particularly teenagers, to develop it.

'Early treatment has a high success rate, with more than 95 percent of men who are treated timeously being cured.'Symptoms include a painless lump or swelling in the scrotum. In some cases the cancerous testicle may become enlarged, or it may hang lower than the other one, or it may cause a dull ache or a heavy feeling in the lower belly or scrotum – but this is unusual.

'Just as women are always encouraged to examine their breasts for unusual lumps, so should all men self-examine on a regular basis, about once a month. They need to know what their testicles normally feel like to notice any abnormalities,' says Dr Venter.

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KEEP YOUR FAMILY HYDRATED

REHIDRAT®

STAY HEALTHY. STAY HYDRATED.

Babies and young children can quickly become dehydrated as their smaller bodies are more sensitive to fluid loss[1,2]. Keep your family healthy and hydrated.

Signs of dehydration in babies and young children:[1]

- Irritability
- Less frequent urination
- Sunken fontanelle in babies
- Crying without tears
- Cold hands and feet



REHIDRAT® – SA's No. 1 oral electrolyte solution.[3]

REHIDRAT® helps to replenish lost fluids getting your body back to health after dehydration.



REFERENCES: 1. http://www.parentdish.co.uk/baby/dehydration-in-babies-and-young-children-symptoms-treatment/
2. http://www.babycenter.com.au/a557531/dehydration-in-babies#ixzz3UjlgyEZQ **3.** IMS March MAT 2015

REHIDRAT® BLACKCURRANT Reg. No. Y/24/214. **REHIDRAT® ORANGE** Reg. No. Y/24/181. **REHIDRAT® VANILLA** Reg. No. N/24/103. Each 14 g sachet of powder contains: Sodium Chloride 0,44 g, Potassium Chloride 0,38 g, Sodium Bicarbonate 0,42 g, Glucose 4,1 g, Sucrose. 8,1 g.
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Let's talk family

Must-watch movies, TV shows to catch, and books to curl up with on the couch

ON THE BIG SCREEN



EVEREST

Based on the real events of the 1996 Mount Everest disaster that led to the deaths of several climbers, *Everest* focuses on the summit and survival attempts of two expedition groups, the one led by Scott Fischer (played by Jake Gyllenhaal), and Rob Hall (played by Jason Clarke).

Action adventure, 18 September



PAN

The classic *Peter Pan* tale of an orphan who's spirited away to the magical Neverland comes to life in theatres. Once in Neverland, Peter finds both fun and dangers, and ultimately discovers his destiny – to become the hero who will be forever known as Peter Pan. Starring Levi Miller as Peter, Garrett Hedlund as Hook, and Leni Zieglmeier as Wendy Darling.

Family, 9 October

MUST-SEE EXPO!



TITANIC, THE ARTIFACT EXHIBITION

Premier Exhibitions and *People* magazine bring this internationally renowned interactive exhibition to Rosebank (18 September – 8 November) and Cape Town (27 November to March 2016) to give families a glimpse into what it was like to sail the famous luxury liner. The kids'll love the PlayStation Zone and Lego building tables after excavating for artifacts. A Titanic dining experience – first or third class – awaits (at extra cost) and guests can even feel a real live iceberg. R320 buys a family ticket for four. School packages and events available. Visit Titanicexpo.co.za for more pricing options.



Win with *Hotel Transylvania 2*!

The Drac pack is back for an all-new monster comedy adventure in *Hotel Transylvania 2*. Our favourite characters Drac, Mavis and Johnny return in this fang-tastic sequel along with some brand new characters. Drac is worried that his adorable half-human, half-vampire grandson, Dennis, isn't showing signs of being a vampire. So while Mavis is busy visiting her human in-laws with Johnny, Drac enlists his friends Frank, Murray, Wayne and Griffin to put Dennis through a monster-in-training boot camp. But little do they know that Drac's grumpy and very old school dad Vlad is about to pay a family visit to the hotel. And when Vlad finds out that his great-grandson is not a pure blood, the humans are no longer welcome at Hotel Transylvania! Things are going to be batty!

In cinemas from 2 October

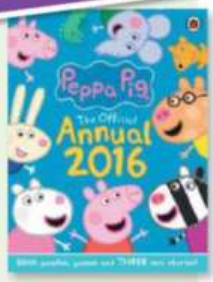
Join the Good Food Studio team as we partner with Sony for a ghouling session in the kitchen with the launch of *Hotel Transylvania 2*. There are loads of movie tickets and merchandise to be won. Booking through Goodfoodstudio@pnp.co.za

WIN! 3 lucky readers can win a *Hotel Transylvania 2* hamper, which includes a stationary set, Frank squeezy toy, tote bag, a projector watch and the first *Hotel Transylvania* movie on DVD.

To stand a chance to win this prize, SMS the keyword 'HOTELOCT', with your full name, contact number, physical address and postal code, and ID number to 48412 (each SMS costs R1.50, errors will be billed. Free SMSs do not apply). Entries close 31 October 2015.

WIN WIN WIN!
To stand a chance of winning EVERY PICTURED BOOK on this page, visit Yourfamily.co.za
See page 99 for terms and conditions.

ON THE SHELF
GREAT READS



Littlies will love
Join Peppa and her family and friends in the fabulous *Peppa Pig Official Annual 2016* (Ladybird). It's packed with puzzles, games, activities and three fantastic new stories! It's the perfect gift for all Peppa Pig fans.



Nail-biting read!
In Murder House (Random House) by James Patterson, 7 Ocean Drive is a beachfront house in the Hamptons that hides a horrific past of depraved killings that have never been solved. Rumoured to be cursed, it's known as the Murder House and locals keep their distance. Detective Jenna Murphy has moved to the area to escape her troubles and rehabilitate a career on the rocks. But when a power broker and his mistress are found dead in the abandoned house, Jenna becomes involved in a case that at first seems open and shut, but reveals more secrets than she could possibly imagine...



Lovely and local
Anne Perceval thinks she has it all: the dreamy husband, a happy household, and the ideal job. Doug is her safety net as she becomes a successful lifestyle journalist and agony aunt in London. But as Doug's career falters and a return home to SA holds an uncertain future, Anne faces new challenges that test her resolve. When Doug falls ill, the consequences threaten everything she believes and has lived for. *True Blue Superglue* (Umuzi) follows their lives from big-dreaming students to strung-out parents, to a couple at the end of their tether. Witty and poignant, Jenny Hobbs's novel is also a tribute to a life for a woman in changing times.



Great for fans!
South Africa's Rugby Legends (Zebra Press) celebrates the greatest South African rugby players of the amateur years. This beautifully illustrated book covers the achievements of those players who ran out against the mighty All Blacks, the cunning Aussies and the fiery Welsh, among others, and played their way into rugby folklore. From Fairy Heatlie of the 1980s, to the genius Danie Craven in the 1930s, the inspirational Hennie Muller of the 1940s and 50s, and the charismatic Morné du Plessis of the 1980s, the author explores what made these men the unforgettable names they are today. With historical photographs from the author Chris Schoeman's personal collection, this is the book every rugby fan will want!

5 MINUTES WITH Sophie Kinsella





Sophie Kinsella, best known for her book series *Confessions of a Shopaholic*, has also written six standalone novels that have all been bestsellers She recently published her first young adult novel, *Finding Audrey*.

What made you decide enter the young adult genre?
'I didn't actually decide to write a young adult book. I came up with the idea of Audrey and her family, and knew I had to write her story. It was then I realised I'd be telling the story through Audrey's eyes, and this would be a young adult novel.'

Audrey's mother is the funniest and best-loved character in the book. Did you base her on anyone you know?
'I didn't, but my children assume it's me. In fact, every mother I know says their children think the mother is based on them.'

Like all of your characters, Audrey is flawed, but it's in her flaws that readers find her relatable. Do you intentionally create such flawed characters?
'I don't intentionally think, "What flaw shall I give this character". But everyone is flawed in one way or another, and it's from the flaws and humanity in each character that you get the drama, fun and romance.'

What qualities in Audrey are also apparent in you?
'I'm very close to my family, and this is one of Audrey's strongest characteristics.'

What do you hope readers will take away from the book?
I hope they laugh and are touched, and most of all are inspired by Audrey's journey. She's so brave and good-humoured and her story is a positive one. I hope that anyone suffering from anxiety, bullying or even just teenage woes can take heart from her. I also hope the book entertains parents of teens. I think they'll read it in quite a different way!

What can we expect from you next?
My next book is the sequel to *Shopaholic to the Stars*. After that, keep following me and I'll let you know!

COMPILED BY LAUREN FISCHER Q&A BY JOHN SWANNELL PHOTOS: SUPPLIED

The road less travelled

Load up the family and travel through our national parks to explore new trails only accessible to 4x4s. When you go where few others do, you could have that golden lion all to yourself and discover hidden gems that few others can experience

A real wilderness experience

The thought of giant elephants flapping their ears can make any family eager for a bushveld adventure in the Kruger National Park. The Mananga Adventure Trail near Satara is a part of the park that few get to experience. Chances are you'll have sightings all to yourself as the trail is limited to six vehicles per day. Adventure is always better in numbers, so get a group together for a fun day in the bush. The trail will take 4-5 hours to complete, so pack something to keep the kids occupied when sightings are few.

Experience level The 48km route won't test your off-road skills, but will showcase the uniqueness of the different Kruger landscapes. The dongas and riverbeds can be treacherous during the wetter season and the trail is often closed after heavy rain. You must start the journey no later than 11am to ensure you have enough time to complete it.

What to see Herds of zebra, wildebeest, buffalo, and predators like lion and leopard. You can also see cheetah in this knob thorn and marula savannah. But you never know what Mother Nature will send your way!

Where to stay There are no accommodation options on the trail, but Satara Rest Camp is only 11km from the start of the trail.

Price R460 (R100 deposit). This excludes the daily conservation fee of R66 for South African citizens. The fee for children is R33. This is subject to change on 1 November.

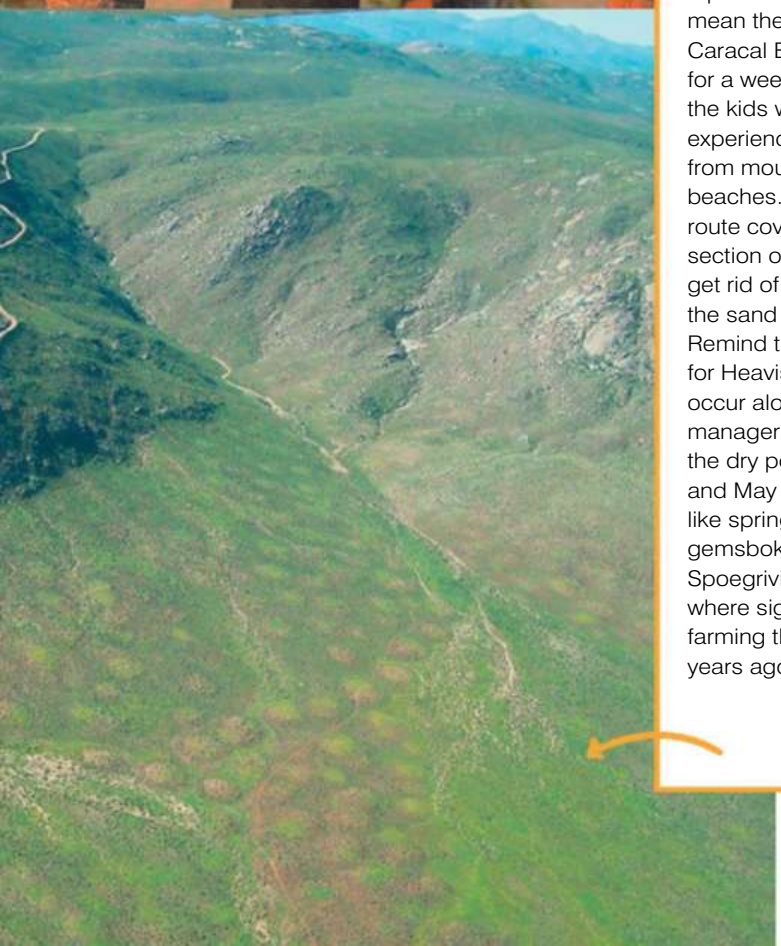
Enquiries Satara Rest Camp on 013 735 6306 or 082 802 1209. No advanced bookings are allowed so reserve the trail the night before or early before departure.











Gems outside flower season

Every year, thousands of people stream to the Namaqua National Park for the spectacular flower displays. When these colourful tapestries fade away, it doesn't mean there's nothing to do. The Caracal Eco-trail is a great choice for a weekend getaway that even the kids will love. In fact, you'll experience everything ranging from mountains to picturesque beaches. Around 50km of this route covers the diverse coastal section of the park. The kids can get rid of pent up energy and feel the sand underneath their feet. Remind the youngsters to look out for Heavisides' dolphins; they only occur along the west coast. Park manager Bernard van Lente says the dry period between October and May is ideal for spotting game like springbok, red hartebeest and gemsbok. Remember to stop at the Spoegrivier caves, a cultural site where signs were found of sheep farming that took place nearly 2 000 years ago.

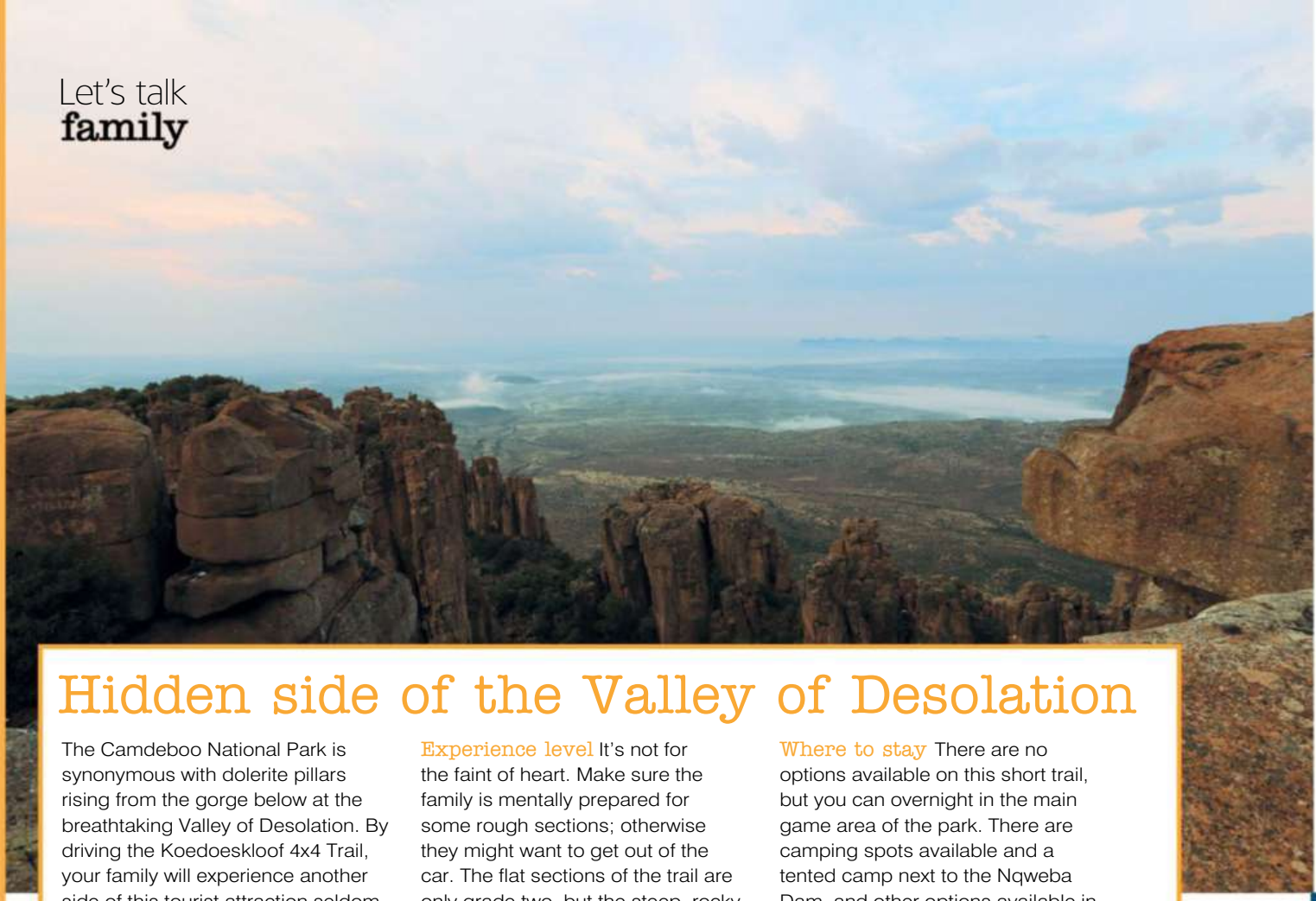
What to see The Aristea Shipwreck on the white sandy beaches. You'll also cross the Bitter river dunes, the only functional, moving dune system in the country.

Experience level The route is moderately easy, but some sections are steep and have dongas. The total trail distance ranges between 176km and 200km. The complete route can take between six and eight hours, but it can also be done in sections.

Where to stay Sleep at Skilpad Rest Camp the night before departure. There are also camping sites along the route, most very basic with environmental toilets but no other facilities.

Price A daily conservation fee of R32 applies to all South African citizens. Children pay R16. This is subject to change on 1 November. You will also need a trail guide book with all the waypoints and information. This is R20 at reception.

Enquiries Park reception on 027 672 1948 or Elanza.vanlente@sanparks.org



Hidden side of the Valley of Desolation

The Camdeboo National Park is synonymous with dolerite pillars rising from the gorge below at the breathtaking Valley of Desolation. By driving the Koedoeskloof 4x4 Trail, your family will experience another side of this tourist attraction seldom seen by others. This trail goes to the top of the mountain from where you'll see spectacular views. Despite only being 7km long, aim for around three hours for the trip. It might also take longer if the family gets swept away by the spectacular scenery. The best option is to pack a giant picnic basket and spend some time here before returning on the same road.

Experience level It's not for the faint of heart. Make sure the family is mentally prepared for some rough sections; otherwise they might want to get out of the car. The flat sections of the trail are only grade two, but the steep, rocky areas are rated as grade four. Don't attempt the trail in wet conditions and remember to tell someone when you are expected back as cellphone reception is limited.

What to see The view of the Valley of Desolation, tranquil scenes at the Nqweba Dam and wildlife such as kudu, Cape mountain zebra, blesbok and grey rhebok.

Where to stay There are no options available on this short trail, but you can overnight in the main game area of the park. There are camping spots available and a tented camp next to the Nqweba Dam, and other options available in the town of Graaff-Reinet.

Price Apart from the standard conservation fee, there's no charge for doing the trail. The daily conservation fee is R32 for South Africans. The fee for children is R16. This is subject to change on 1 November.

Enquiries Park reception on 049 892 3453.





FEATURE: RENÉ DE KLERK PHOTOS: SUPPLIED





Historic finds hidden in beauty

If you think big game are the main reason to visit the Addo Elephant National Park just outside Port Elizabeth, think again. Apart from the coastal section where great white sharks and southern right whales frolic, more adventure awaits you elsewhere in the park. When you point your 4x4 in the direction of the Bedrogfontein trail starting 40km from Addo's main entrance gate, a whole new world opens up. This 45km journey between Kabouga and Darlington crosses the Zuurberg Mountains, but it's all about the discoveries along the way. You'll be impressed with the breathtaking views and scenery, and the rich history of the area will leave you intrigued. During the Anglo Boer War, fierce battles between the British and Boers took place here and some traces can still be seen today.

Experience level This is a grade 2-3 trail with an optional grade 5 water crossing.
What to see Sites such as graves, an old wagon and soldier's carvings on tree trunks abound. There are no lions here, so you can jump out of the car and go to the lookout points. Bushbuck, kudu, red hartebeest, blue duiker and Cape mountain zebra are often seen along the way, so see who can spot the largest animals first!
Where to stay There are two choices on the Kabouga side of the trail. The Kabouga Cottage can accommodate a family of six. The first two guests pay R480, while additional adults pay R172 each and kids, R95 each. Camping options are available right on the banks of the Sundays River at Mvubu. It'll cost R120 for two guests, and R33 for each additional person. Once you reach the end of the trail at Darlington, the park's main entrance is 150km away.
Price R455 per vehicle; adults R54 each; kids R27 each. Fees are subject to change on 1 November.
Enquiries Book the trail and accommodation at Addo Reception, 042 233 8619 or addoenquiries@sanparks.org. Pay with cash or cheque at the Kabouga office.





Q&A WITH DR PLATZHUND

Q I've recently acquired a Yorkshire terrier. I'm concerned because my cousin has the same type of dog and a Dachshund. The Dachshund has already had a spinal operation for calcified discs and the Yorkie that's too old for surgery has a spastic left front leg and weak left hind leg from a disc problem. How can I prevent this and the expense of surgery?

A The first step you must take is to join a reputable pet medical aid or insurance. Most of these small breeds are accommodated indoors where the environment is more conducive to injury than outdoors. It's difficult for most people to understand that dogs prefer to be outdoors, where they can search, sniff, hunt, run and play. Inside the house these small breeds are allowed to jump on and off furniture, sprint up and down stairs, slip on laminated and tiled floors, and then the tears arrive when the dog slips a disc or tears its knee ligaments and has to undergo surgery. The correct, responsible and healthy approach is to subscribe to puppy socialisation and basic obedience training, where you'll learn to teach your dog to remain on the ground, not sleep on the bed and avoid the height advantage of couches, chairs and beds. Once the dog is lead-trained it will learn to stay on the floor. In your absence from the home the pup must be restricted to a fenced area outdoors, to keep him from climbing on the furniture. Although genetics and anatomical formation do play a role in predisposition to injury, owner management is incredibly important.



Prevention is better than cure

According to research, 20 percent of dogs will experience degenerative joint disease (DJD) at some point in their lives. DJD describes a number of medical conditions in dogs that result in joint pain, including osteoarthritis, hip dysplasia and inflammatory joint disease, all of which can lead to significant pain and disability. Signs that your dog may be suffering from DJD include:

- ✔ Reluctance to walk, climb stairs, jump or play.
- ✔ Limping or walking strangely.
- ✔ Swelling or abnormal appearance of a joint.
- ✔ Lagging behind on walks.
- ✔ Difficulty rising from a resting position.
- ✔ Yelping in pain when touched or generally resisting touch.

Chronic inflammatory conditions can be avoided or slowed down by adding a daily supplement to your pets' food. Smart Health Powder, R162, is a herbal anti-inflammatory supplement that contains Buchu, which aids in the management and prevention of DJD conditions in dogs. Available from leading vet shops nationwide.



4 October is world animal day

It's a day for advocacy, education, unity, involvement, and raising awareness for all of the animal issues that exist throughout the world.





Beat the heat

Find out how to care for your pets during the warmer weather with our helpful tips.

If you see a pet locked in a car on a warm day, don't hesitate to call your nearest SPCA. Visit Nspca.co.za for more info.

During summer...

- Have ready access to cool, fresh water.
- Take walks at dawn or dusk.
- Don't allow your pet to exercise excessively.
- Brush your pets regularly or take them to have their hair shaved. But don't shave the hair too short, as this puts them at risk of sunburn while outdoors.
- Limit time spent on tar roads as temperatures can be very hot!
- Never leave your pet in your car, no matter what the season.

What to do if you suspect your pet is overheated

1. Spend no more than five minutes wetting down your pet with cool water using a hose, bucket or even your bathtub.
2. Don't delay – contact your closest vet to let them know you're on your way.
3. If driving, ensure good airflow by opening the windows – but make sure your pet can't jump out the windows.

Know the signs of heat stroke

- ✔ Seizures
- ✔ Confusion – anxious or dazed expression
- ✔ Warm to touch
- ✔ Diarrhoea
- ✔ Collapsing, stumbling or falling down
- ✔ Increased heart rate
- ✔ Laying down and reluctance or refusal to get up
- ✔ Dogs will stick their tongues out and salivate. They may also whine
- ✔ Brick red gums
- ✔ Vomiting
- ✔ Heavy panting

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IN THE BEGINNING, MY HUSBAND DID NOT LOVE ME, HE LOVED MY FRIEND BUT AFTER I SAW PAPA SUNIL & GURU LADY CHANTAL THEN HE THEN MARRIED ME AND MADE ME HIS WIFE

PAPA SUNIL & GURU LADY CHENTAL NAIDOO never charged me any fee for a healing but he made me a happy wife with the one I loved the most. My name is Natasha from Reserver Hill, after I read alot of articles about THEM, I gave it a try on the person I loved most. He was my boss at first who loved my friend but he ended up being my husband after I consultated **PAPA SUNIL & GURU LADY CHENTAL NAIDOO** I called THEM and booked an appointment for the following day, I found alot of people waiting for THEM, when I met THEM, they called my names, surnames and date of birth without me telling them anything and I was so shocked, **THEY TOUCHED** my palms and forehead told me that all I wanted was to get married to the one I love and he is my boss. **PAPA SUNIL & GURU LADY CHENTAL NAIDOO** prayed for me, gave me some ashes to blow after just 8 hours, my friends boyfriend the one I loved called me to check if I was ok. THEY called again and told me to keep a secret and we go for a cup of tea in Zimbali, immediately that night he knelt down proposing for marrage.A few months later we are engaged and then we were married.

NOW MY HUSBAND IS MUCH AWARE ABOUT IT AND HAS NO PROBLEMS AS HE DISCOVERED THE REASON WAS LOVE. THANKS PAPA SUNIL & GURU LADY CHENTAL NAIDOO

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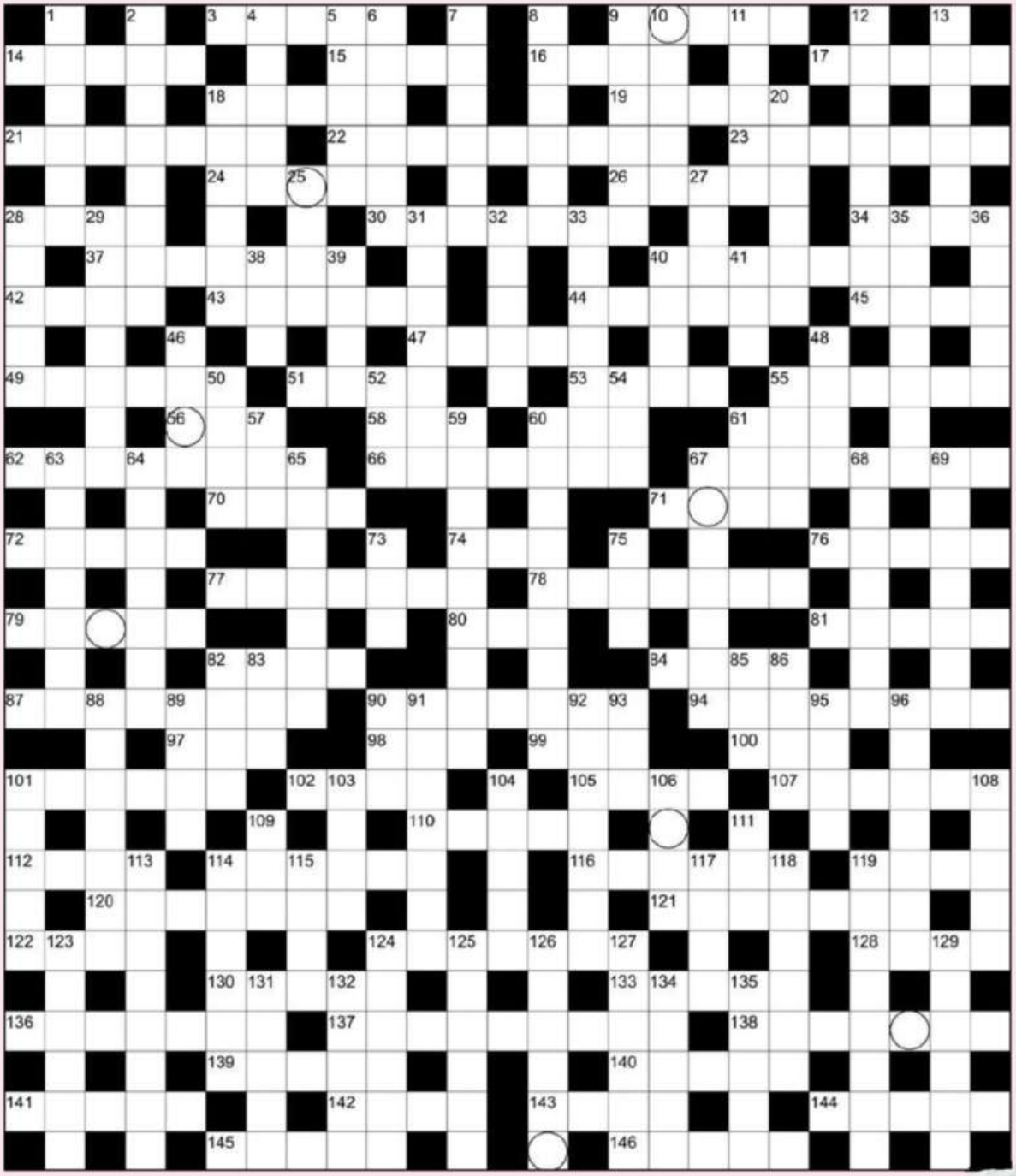


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yourTIME

No 210

HOW TO ENTER Solve the crossword and the circled letters will spell out the name of a violin virtuoso. The solution and winners of Crossword No 210 will appear in the January 2016 issue of *Your Family*. To enter, SMS the solution, your name, ID number and delivery address (including postal code) to 48412. (SMS costs R1.50, errors will be billed. Free SMSs do not apply). Closing date 31 October 2015. See page 98 for terms and conditions.



SEE PAGE 98 FOR THE WINNER OF JUMBO CROSSWORD 207

WIN! This month's crossword winner will receive a **Canon PowerShot S200**! It delivers stunning image quality with a host of creative features for those seeking their next step in photography. The DIGIC image processor for high-quality performance provides excellent images in low-light situations. The PowerShot S200's ultra-wide angle bright f/2.0 lens, combined with a higher sensitivity 10.1 Megapixel CCD sensor, provides great flexibility to capture creatively in challenging situations. **POWERSHOT S200 FEATURES:** ✻ Bright f/2 lens and HS System with DIGIC 5 ✻ 24mm ultra-wide 5x zoom lens & Intelligent IS ✻ High-quality 10.1 Megapixel images ✻ Connect and share with Wi-Fi ✻ Smart Auto and HD movies ✻ Live View Control and Creative Filters



Wordsearch

Find all the words in the letter box. The 13 remaining letters will spell out something to do with time.

A	A	R	A	E	Y	R	E	T	S	E	Y
Y	F	F	I	J	G	N	E	T	F	O	A
S	T	R	N	S	L	O	W	S	R	T	H
E	E	N	I	I	M	A	Y	E	O	E	C
M	R	E	G	D	D	L	N	D	E	Y	R
I	N	V	H	A	A	A	A	I	N	K	A
T	O	E	T	T	W	Y	S	T	E	R	M
E	O	R	E	E	N	I	N	O	W	D	H
M	N	R	E	S	N	A	O	A	O	G	T
O	T	N	E	C	E	R	E	N	L	N	N
S	T	H	E	N	N	A	A	O	D	I	O
N	E	L	I	H	W	O	A	N	N	U	M

AEON
AFTER-
NOON
ANNUM
ANON
DATES
DAWN
FRIDAY
IDES
JIFFY
LATER
MARCH
MAY
MONTH
NEVER
NIGHT
NOW
OFTEN
OLD
ONCE
RECENT
SINCE
SLOW
SOMETIMES
SOON
TERM
THEN
TODAY
WEEK
WHILE
YESTERYEAR
YET
YORE

Solution: Again and again

Sudoku

EASY

					3			
9				2		5		
		5		7	1	6	2	
7		6	1	3				8
3								2
8				6	2	3		7
	4	1	2	8		7		
		8		5				6
			7					

DIFFICULT

8			6					
		3	5				1	
4	6					8	7	
		2		4			8	
5								2
	7			9		3		
	8	6					5	7
	4				9	6		
					7			9

SOLUTIONS (SEPTEMBER)

EASY

4	7	8	5	9	6	1	2	3
6	5	2	1	3	8	4	7	9
1	3	9	7	2	4	5	8	6
9	8	7	3	4	1	6	5	2
2	6	1	8	5	7	3	9	4
3	4	5	9	6	2	8	1	7
7	2	6	4	8	5	9	3	1
8	9	4	2	1	3	7	6	5
5	1	3	6	7	9	2	4	8

DIFFICULT

2	9	7	8	3	5	4	1	6
6	3	4	1	7	9	2	5	8
1	5	8	6	2	4	9	3	7
7	4	2	5	9	8	1	6	3
5	6	3	7	1	2	8	9	4
9	8	1	4	6	3	5	7	2
3	1	9	2	8	6	7	4	5
4	2	6	9	5	7	3	8	1
8	7	5	3	4	1	6	2	9

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CROSSWORD COMPILED BY DENISE COOK

ACROSS

3. Sun blocker
9. Flavour enhancer
14. Book leaf
15. Church section
16. Look sullen
17. Arm part
18. Saying
19. Dog collar attachment
21. Unpleasantly loud
22. Spreads sleeping sickness (6,3)
23. Dramatic scene
24. Make fun of
26. Aromatic compound
28. Surrender
30. Speaker's spot
34. Abound
37. Deal incentives
40. Personnel file
42. Strip of wood
43. Regret deeply
44. Long narrow strips
45. Daybreak
47. Thoughts
49. Get going (3,3)
51. Thai currency
53. Bailiff's cry
55. Contract provision
56. Violin string
58. Family
60. Beer
61. Porker's product
62. Familiarise
66. Terms of office
67. Rodent pets
70. US Beehive state
71. Metal fastener
72. Go quickly
74. Distorted
76. Ignominy
77. Cocktail
78. Offensively obtrusive
79. Take away
80. Oolong
81. Inspirational slogan
82. Honey holder
84. Doing nothing
87. Tattler
90. City on the Rhine
94. Geometric proportion
97. Supply with weapons
98. Nocturnal bird
99. Veer off course
100. Flightless bird
101. Lace-up girdle
102. Soon
105. Start over again
107. Smoothie ingredient
110. Large sea duck
112. Gives a hand
114. Boxer's attendant
116. Reply
119. Not many (1,3)
120. Eternal
121. Type of grape
122. Eastern cosmetic
124. Partners
128. Table scraps
130. Lobster's claw
133. Helpful tips
136. Aversion
137. Former sweethearts (3,6)
138. Rats and mice
139. Ballroom dance
140. Muslim faith
141. False front
142. Cups' handles
143. Finger jab
144. Deep glen
145. Tempest
146. Urticaria

DOWN

1. Be charitable
2. Prudently silent
4. Rental agreement
5. Components
6. Young woman
7. Chaotic
8. Say it's so
9. Long-faced
10. Quarries
11. Social class
12. Lamented loudly
13. Obeisance
18. Two-way
20. Bother
25. Attention getter
27. Horse's gait
28. Beer barrels
29. Far-reaching
31. Give the right to
32. Become narrower
33. Meat ball
35. Expungement
36. Parson's home
38. Bar bill
39. Bristle
40. Stun
41. Coy
46. Insects
48. Charitable offerings
50. Ballet skirt
52. Slap
54. Affirmative reply
55. Bivouac
57. Small child
59. Smart aleck (4,2,3)
60. Heated dispute (4-5)
61. Possesses
63. Turn over at sea
64. Disparate
65. Knotty craft
67. Golfer's obstacles
68. Polliwog
69. Unskilled labourer
73. Young goat
75. Space
82. Give a hoot
83. Salamander
85. Caustic solution
86. Music award
88. Snooty (2-2-3)
89. Diplomacy
90. Pigeon sound
91. Confessed (5,2)
92. Tell a story
93. Female sheep
95. Heaviest known lepton
96. Up to now (4,3)
101. Not yet filled in
103. Midday
104. French farewell
106. Brake part
108. Population centres
109. Hawaiian garland
111. Favourite
113. Altruistic
114. Light meals
115. Headland
117. Alert
118. Pre-release demand
119. Primarily (5,3)
123. Rotten to the core
124. Low bow
125. Distant in manner
126. Shrimp dish
127. Arab leader
129. Bugle call
131. Central part
132. Ne'er-do-well
134. Japanese-American
135. Make a swap



Happy tails

A tale of two puppies, abandoned by the worst of humankind, and rescued by the best

The message arrived with a polite but insistent ting, the universal signal to stop whatever you're doing and look at your phone. I was in a meeting, but I stole a quick downward glance, while nodding my head to reinforce the illusion that I was paying attention.

The message was a picture, of two cute puppies, one black and tan, the other, well, tan and black. Both had floppy ears and unfeasibly large paws, and the shading around their big brown eyes made it look as if they were wearing eyeliner.

They were sitting expectantly at a gate in what looked like someone's back yard. I was just about to ting back 'cute!' when it struck me that the gate, and the back yard, looked very familiar. Which was odd, because as far as I'm aware, we didn't have two new puppies.

Then I heard my name being called, and I dutifully put on my glasses and shifted my gaze to the PowerPoint slide on the monitor. Hmmm, I said, switching off my phone with an ostentatious click.

Back home, Max was waiting with the full story. Earlier that morning, a man in a silver car had stopped outside our house, hopped out, deposited 2 x puppies on the greenery on our neighbour's sidewalk, hopped back in, and sped off.

Wait a second, what model of silver car? What was the number plate? And more importantly, where were the puppies?

No, sighed Max, he hadn't seen the drop off himself. This was second-hand eyewitness testimony, delivered with a breathless rush, just like the puppies, who were... well, the thing is, the discovery of the poor yipping canines had led to a neighbourhood indaba of ag-shaming and tut-tutting on the corner of the street, the upshot of which was that Max had agreed to heft them over to our house as an interim solution.

> 'There's more to the online social networks than selfies, emojis, and interrupted business meetings'

Pinky didn't think this was a good idea. Pinky is our black-and-tan mutt, herself once an abandoned puppy, and her disgruntlement at the invasion of her territory was only compounded by the sight of the puppies, on the other side of the gate, being fed Vienna sausages from her personal larder of treats. Then they were driven to our local vet, where they were vetted as one male and one female, in good shape, about 10 weeks old, and in need of a good home. The vet snapped pics of his patients, and said he would post a plea on his bulletin board. Too late.

Max had already posted a portrait on Instagram, and another on his rowing WhatsApp group, and within minutes, two cars had pulled up outside our house, this time to pick up the puppies.

One to Max's school friend, another to his rowing coach. What! But I didn't even get to see the puppies, let alone meet and greet them!

Well, said Max, here they are, and he tapped on his phone to show me a video clip of Puppy No 1 being introduced to a bowl of pellets at his new home, and a photo of Puppy No 2 being introduced to a toy puppy at her new home.

In the space of half a day, they had seen humankind at its most kind and its most unkind, and I tell you this story not only to prove that some tales have a happy ending, but also to demonstrate that there's more to the online social networks than selfies, emojis, and interrupted business meetings.

Well done, Max, thank you, new puppy adopters, and guy in silver car, next time, try posting a pic on Instagram, okay?

ILLUSTRATION: DOLLAR PHOTO CLUB

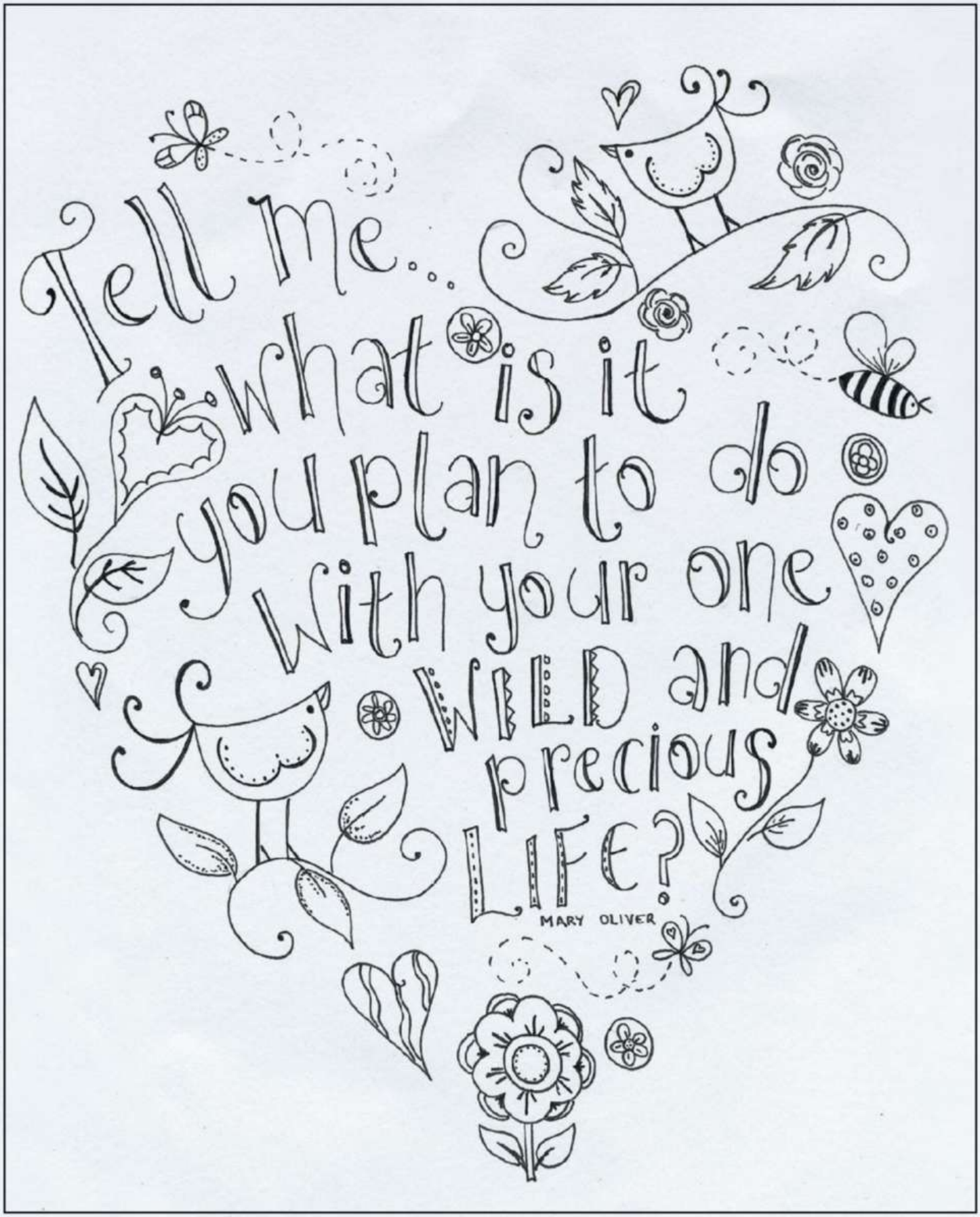


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